

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

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Newsletter *Issue 4 - Term 1 - Wednesday 27 February, 2019*

Gospel Summary

This Sunday's Gospel reading, Lk6: 39-45, could be viewed as a collection of mini-teachings and practical discipleship reminders. At its conclusion, Jesus says, "A good person out of the store of goodness in his heart produces good, but an evil person out of a store of evil produces evil; for from the fullness of the heart the mouth speaks" (Luke 6:46).

Reflection for parents

The beginning of this Gospel reading contains much food for thought for parents and all teachers of the faith. Jesus asks, "Can a blind person guide a blind person?" (Luke 6:39) and he says, "... When fully trained, every disciple will be like his teacher" (Luke 6:40). Today, take time to think about what you are doing to grow in your knowledge of the Catholic faith and in your relationship with God. Realize the importance of your role as the primary teacher of the faith to your child. Ask for the help and wisdom of the Holy Spirit in fulfilling this valuable ministry.

Dear Parents/Carers,

Lent

Next Wednesday is **Ash Wednesday** and marks the beginning of Lent. Please take time to read the Lenten reflections that will appear in the newsletter during Lent. There will be a whole school mass at 12 pm in the church on Ash Wednesday where all students will receive the Ashes. All parents are invited to attend along with our parishioners as this will be a parish mass.

Shrove Tuesday

Shrove Tuesday is the traditional feast day before the start of Lent, beginning on Ash Wednesday. Lent, the 40 days leading up to Easter, is a time of fasting and prayer. Shrove Tuesday was traditionally the last opportunity to use up eggs and fats before embarking on the Lenten fast, and pancakes are the perfect way of using up these ingredients. Our Student Catholic Identity Team will be helping me cook pancakes for the whole school next Tuesday. **Please give your child a gold coin to bring along for their pancakes. All money raised will be donated to CARITAS.**

Child Safe

St. Mary's is a Child Safe School, which means that we have policies and strategies in place to ensure all students feel and are safe at school. Please take time to familiarise and read our child safe section on the school's website, under the Child Safe Tab..



10.00am Fruit Break

Just noticing that we have quite a few students regularly coming to the office asking for fruit at fruit break time. Could all families just check to make sure a fruit snack is packed each day.

IMPORTANT! WE NEED MORE HELP!

Swimming Program: We Need More Helpers.

Our swimming program begins next Monday and finishes with our school swimming sports on Friday 8th of March. We **desperately** need more parent helpers to give us a hand with the groups from Monday to Thursday. The swimming ability of our students will range from confident swimmers to some with low confidence in the water. The more parents we have helping out the better we can cater for a wide range of swimming abilities. If you can help out it would greatly appreciated. Let Amanda or John McNamara know if you can.

School Uniform

I am still noticing a few students wearing sports uniform on the wrong days, especially colourful runners instead of black school shoes. Please ensure that sports uniform is only worn on Wednesdays and Fridays.

Weekend Mass Times:

Chiltern Saturday 6pm

Rutherglen Sunday 9am

Wahgunyah Sunday 10.30am

IMPORTANT DATES

Monday 4 March

Swimming

Tuesday 5 March

Swimming

Shrove Tuesday

Thursday 7 March

Swimming

Friday 8 March

Swimming Carnival

Monday 11 March

Labour Day Public Holiday -
School Closure

No Assembly


There will be **NO ASSEMBLY** next Tuesday as it clashes with our swimming program.

No Junior Mass

There is no Junior mass this Friday morning as Fr. Carey has a funeral in Tallangatta.

PBIS Awards (Positive Behaviour in Schools):

This week's Focus: Expectations in the Church

Church	Respect Ourselves	Respect Others	Respect our Environment
	<ul style="list-style-type: none">• Participate• Follow routines• Sit, stand and kneel appropriately• Bless yourself when entering and leaving the church• Enter and exit calmly and correctly.• Exiting people go first - wait for them to leave	<ul style="list-style-type: none">• Keep your hands to yourself (personal space)• Listen to the person speaking• Be quiet• Participate• Offer peace quietly and calmly to others• Listen to the person speaking• Enter and exit the pews correctly during communion and blessings.	<ul style="list-style-type: none">• Respect the sacred space• Be quiet• Use Mass book correctly• Enter and exit correctly• Keep your feet on the floor

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

Murray Enever-Cooper (3/4 ST), Seve Cottam (F/1 HK) & Elijah McFarlane (3/4 ST)



Have a great week,
Matt
Principal



Last Friday Faith Barkley represented St. Mary's at the Zone swimming Carnival in Wodonga.

Faith qualified in 2 events, Girls U11 Breast stroke with a time of 55.24 and Girls U11 Butterfly with a time of 55.05. Well done Faith!

CHILDREN'S CHATTER MATTERS

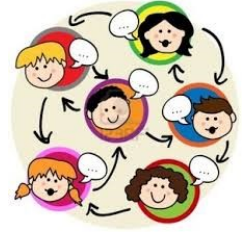
Activity for Week 4

PHONOLOGICAL AWARENESS

ALLITERATION:

The Food Game:

Watch what you eat! Take turns saying the name of a food you like that starts with the same sound as your own name. For example; Charlie – cheese. The activity could be extended to include an item that you 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."



SACRAMENT OF RECONCILIATION

Please keep the following students in your prayers as they prepare to receive the Sacrament of Reconciliation on March 27th.



*Samual Morris
Lucas Zani
Holly O'Donoghue
Penny Hartung
Elijah McFarlane
Travis Gunning
Antonio Finnemore*

RECONCILIATION GROUPS - 2019

Monday - 3:40pm at School	Tuesday - 3:40pm at School
Lucas Zani Penny Hartung Holly O'Donoghue Samual Morris	Elijah McFarlane Travis Gunning Antonio Finnemore

FIRST SUNDAY MASS

Calling all Grade 3-6 students who would be interested in assisting at the First Sunday Parish Masses throughout the year with readings, prayers and the offertory....we would love to hear from you!

See Mrs Field or Mrs Kelly if you are interested in being involved.

FIRST SUNDAY MASS

Join us on Sunday morning 3rd March at 9am for Mass - all welcome!
Followed by a cuppa with the Parishioners



DIGITAL CITIZENSHIP AND SAFETY TIPS

Please see the attached posters about *Digital Citizenship and Safety Tips for both Parents and Students*.

No matter how old or young your student/s are it is important to implement these recommendations in your home.

GAME AND APP UPDATES

As per previous years we recommend that you as parents, no matter the age of your child/ren, are up to date with what is happening online and what your child/ren are doing online. **Remember the most important thing to do is to keep the lines of communication open with your child/ren in regards to their use of technology....and not to block them or believe that they are "not doing/using that."**

Keep informed as parents. A great way to do this is to subscribe to sites like <https://www.common sense media.org/> - 'For Parents' section. This site keeps you updated with all things technology, books, movies, TV shows, games and apps.



Here are a few updates on a few sites/games that have caused us some concern: (Taken from Commonsense Media)

	Kids Youtube	Roblox	Fortnite
Age Recommendation	7+ Kid-targeted videos best with parental guidance.	10+ Game creator nurtures skills, but games can be violent.	13+ As "Fortnite" Blows Up, Parents Need to Up Their Game
	Parents need to know that YouTube Kids is a kid-targeted portal to YouTube aimed at pre-schoolers to tweens that features curated, ad-supported TV shows, music, educational videos, and user-created content. It's worth noting that since there are regular updates, the channels and videos are always subject to change. The app continues to draw lots of public scrutiny and controversy for including some clearly inappropriate videos and ads (with nudity, alcohol, and profanity), as well as fast food and junk food ads that push unhealthy food (some of which look a lot more like entertainment than advertising, making it hard for kids to know they're being marketed to). If parents sign up for a YouTube Red subscription, there are no ads, and kids can watch offline. Families can also access it via television , depending on their device.	Parents need to know that Roblox is a game-creation website where users design and upload their own games, as well as play other games in a multiplayer environment. Some of the gameplay is advanced, and many games include weapons. The site offers a safe-chat mode for those under 13, as well as a parent login that lets you oversee your child's use of the site. There have been reports of users thwarting the chat and exchanging inappropriate / predatory messages with young players; although we haven't encountered that directly during our extensive use of the site, parents may still want to be wary when their kids are using the site or connecting with people they've just met. Moderation of content also seems to be hit or miss; while the company claims that it tries to prevent inappropriate comments, there are plenty of users that claim they've been exposed to inappropriate comments and requests from other users.	Parents need to know that while the original strategy-focused version of <i>Fortnite</i> (also known as <i>Save the World</i>) is a survival action game for PlayStation 4, Xbox One, Nintendo Switch, Windows, and Mac, it's the wildly popular last-player-standing mode known as <i>Fortnite: Battle Royale</i> that's taken off and become a huge hit. (There's also a mobile version of the popular Battle Royale mode that lets portable players engage with and play against console and PC gamers.) <i>Fortnite: Battle Royale</i> (which now includes the personalized-adventure-creation Creative mode as well) pits up to 100 players against each other in solo, duo, or up to four-player squads to see who can survive the longest against each other in an ever-shrinking map. The game has a cartoonish style, and the violence, while persistent, isn't bloody or particularly gory, even though you're using melee weapons and firearms to eliminate opponents.
More information	https://www.common sense media.org/app-reviews/youtube-kids	https://www.common sense media.org/website-reviews/roblox	https://www.common sense media.org/game-reviews/fortnite https://www.common sense media.org/blog/parents-ultimate-guide-to-fortnite

LAWS

Many sites are 13+ and most images / work is protected by copyright.

TALK

Tell your parents what you're doing online.
Always ask a trusted adult if you're unsure of anything.

FRIENDS

Don't add or meet online friends without parent permission. Don't trust everything friends tell you.

YAPPY

Keep private:
Your full name,
Address,
Phone number,
Passwords,
Your plans



REPUTATION

Don't post anything you wouldn't want teachers, family, friends, & employers to see.

QUESTION

You can't believe everything you read and see online.

Digital Citizenship & Internet Safety TIPS FOR STUDENTS

BULLYING

Tell someone if you think cyber bullying is happening to you or others.

UNPLUG

Find balance. Get outdoors, move, play, and interact face-to-face.

PASSWORDS & USERNAMES

Choose sensible usernames and email addresses.
Use strong passphrases and don't share them with others.

MANNERS

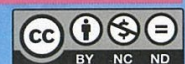
Be polite and respectful.
Treat others how you'd like to be treated.

If in doubt

THINK ABOUT AND TALK IT OUT

@kathleen_morris

kathleenamorris.com





KEAPS

Kids Early Action Program in Schools

KEAPS PROGRAM

This Thursday in the KEAPS program the students will be engaging in games sense activities that help them learn about their feelings and how we they can be good friends to each other. They will be getting to know the KEAPS team and brainstorming different emotions that they may experience. They will also discuss the positive impacts that 'Good Choices' have on them and those around them.

Together Time

Spending time with your child every day is a great way to build on your relationship. It also builds their resilience and their ability to self-regulate emotions.

- Spend 10+ minutes with your child daily
- Have fun!
- Allow them to lead the interaction
- Show an interest in what they want to do
- Praise and encourage your child's creativity

Adapted from the Raising Children Network and Carolyn Webster-Stratton



COROWA RUTHERGLEN UNITED
HOCKEY CLUB

2019 Hockey season is fast approaching.

Hockey Albury Wodonga competition starts 6th of April

All junior girls teams will commence training Tuesday 5th of March 5-6pm

U12 boys commence training Wednesday 6th March 5-6pm U14/U16 boys 5:30-6:30pm

Hook into Hockey/U9s comp will commence in term 2.

For more information or to register your interest please contact Clara Davis Junior
Development Officer CRUHC. 0415940569 – crunitedhockey@gmail.com –
cdavis2808@yahoo.com.au



We send our best wishes to:
Shaun Gunning (3/3)
who will be celebrating his birthday this week.

Rutherglen High School Transition Program 2020

Some dates to keep in mind

The first is the 4th March. We are holding our annual meet the parents Year 7 BBQ. I would like to offer an invitation to the Grade 6 Teachers and Principals to come a long and have a meal with your former charges. It's a great way for you to see how they have settled in and to have a chat about how the year has begun. The night will run from 5 til 6.30.

Wednesday the 20th of March as the Year 6 into Year 7 2020 Information Evening? The program will run from 5.30 til 6.30. This evening represents the start of the transition program at Rutherglen High School.

Christian McCarthy

Junior School Leader
Rutherglen High School

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.

If lice or eggs are found, the hair should be treated.

If the person has been treated recently and you only find empty hatched eggs, you may not have to treat, as the empty eggs could be from a previous episode.

Treating head lice

Treating head lice involves removing lice and eggs from the hair. There are two ways you can do this:

1. Buying and using a head lice lotion or shampoo, following the instructions on the product
2. Using the conditioner and comb method (described under 'finding head lice') every second day until there have been no live lice found for ten days.

If you choose to use a head lice product always read and follow the instructions provided with the product carefully. The following points may also be helpful:

- Head lice products must be applied to all parts of the hair and scalp.
- No treatment kills all of the eggs so treatment must involve two applications, seven days apart. The first treatment kills all lice; the second treatment kills the lice that may have hatched from eggs not killed by the first treatment.
- Cover the person's eyes while the treatment is being applied. A towel is a good way to do this.
- If you are using a lotion, apply the product to dry hair.
- If you are using a shampoo, wet the hair, but use the least amount of water possible.
- Apply the treatment near the scalp, using an ordinary comb to cover the hair from root to tip. Repeat this several times until all the hair is covered.

There is no need to treat the whole family - unless they also have head lice.

Concentrate on the head - there is no need to clean the house or the classroom.

Only the pillowcase requires washing - either wash it in hot water (at least 60°C) or dry it using a clothes dryer on the hot or warm setting.

Important Calendar Dates - 2019

Term 1

Monday 4 March	Swimming
Tuesday 5 March	Swimming Shrove Tuesday
Wednesday 6 March	Swimming Ash Wednesday
Thursday 7 March	Swimming
Friday 8 March	Swimming Carnival
Monday 11 March	Labour Day Public Holiday - School Closure
Tuesday 12 March	Meals On Wheels
Wednesday 13 March	Meals On Wheels
Thursday 14 March	Meals On Wheels Schools Clean Up Australia Day Sandhurst Switches Off
Friday 15 March	9.30am - Senior Mass Meals On Wheels National Day of Action against Bullying Sporting Schools Gymnastics Program (during school hours)
Thursday 21 March	Pinocchio Performance (LOTE)
Friday 22 March	National Ride 2 School Day Glenview Visit 9.30am - Junior Mass Sporting Schools Gymnastics Program (during school hours)
Friday 29 March	Last Day Term 1 (Casual Clothes Day - gold coin donation) Sporting Schools Gymnastics Program (during school hours)

Term 2

Tuesday 23 April	First Day Term 2
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Staff email addresses

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