

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

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## Newsletter *Issue 5 - Term 1 - Wednesday 6 March, 2019*

### **This is Sunday is the First Sunday of Lent. Today is ASH WEDNESDAY**

Ash Wednesday begins Lent, a season of fasting and prayer. Ash Wednesday takes place 40 days before Easter Sunday, and is chiefly observed by Catholics, although many other Christians observe it too. Ash Wednesday comes from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes on the head. The ashes symbolise the dust from which God made us. As the priest applies the ashes to a person's forehead, he speaks the words:

"Remember that you are dust, and to dust you shall return.

"Alternatively, the priest may speak the words, "Repent and believe in the Gospel".

#### **Weekend Mass Times:**

Chiltern Saturday 6pm

Rutherglen Sunday 9am

Wahgunyah Sunday 10.30am

### **IMPORTANT DATES**

**Thursday 7 March**

**Swimming**

**Friday 8 March (see page 11  
for timetable)**

**Swimming Carnival**

**Monday 11 March**

**Labour Day Public Holiday -  
School Closure**

**Tuesday 12 March**

**Meals On Wheels**

**Wednesday 13 March**

**Meals On Wheels**

Dear Parents/Carers,

#### **Shrove Tuesday Thanks:**

Thanks to the Senior Catholic Identity Team, (Aleisha Price, Holly McMahon and Georgie Upton), who did a fantastic job helping me cook a pancake for every child in the school yesterday. Money raised from the gold coin donation will go to CARITAS. (See inside the newsletter for photos.) The Border Mail also ran a story with a photo today.

#### **Foundation Student: Full time now.**

A reminder to all Foundation parents/carers that all Foundation students will attend school for 5 days a week from now on.

#### **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.



Principal - Matt Attwater

#### **Swimming Carnival: This Friday. Sausage Sizzle provided.**

Remember our swimming carnival is on this Friday. It would be great to have as many parents as possible attend to cheer on all the students. There will be a free sausage sizzle for all students and families. As in previous years I will take the school BBQ to the pool and would love to have a few parents help out with the cooking. Please find inside the newsletter a timetable for the day with the approximate starting time for each event.

#### **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.

#### **Assembly Next Tuesday 12th March:**

There will be **ASSEMBLY** next Tuesday at 3.00pm in the school hall.

#### **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.




#### **10.00am Fruit Break**

I'm still noticing that we have 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.

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

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

*Darcy Harris-Harwood (5/6 JM), Jo Somerville (5/6 JM) & Adelyn Holland (3/4 ST)*



Have a great week,  
Matt  
Principal

## Year 6 Polo Shirts

We had some very excited Year 6 Students yesterday as they were presented with their Year 6 polo shirts. I'm sure they will all wear them with pride.





## Shrove Tuesday

Yesterday we celebrated Shrove Tuesday, eating delicious pancakes. All money raised goes to Caritas. Shrove Tuesday is the day before Lent starts, traditionally where Christians used up ingredients from their pantries prior to fasting for Lent.

Many thanks to Mr Attwater and the Catholic Identity Team - Aleisha Price, Georgie Upton and Holly McMahon for organising, promoting the day and cooking the delicious pancakes!



## Activity for this Week

### PHONOLOGICAL AWARENESS

#### RHYME:

##### Identification:

Read books with rhymes. Books by Dr Seuss and Pamela Allen are a hit with many children.

Try 'The Cat in the Hat' or 'Doodledum Dancing'.

Ask the child to identify the rhyming words on each page. You may need to provide one word and ask them to find the rhyme.

##### Production:

Rhyming List:

Take turns to come up with words that rhyme. See how long you can make your list of rhyming words.

For example, Words that rhyme with 'car': bar, far, jar, pa, tar, star, grandma...

You could also play 'I spy' with rhyming words: Identify an object in the room and say I spy with my little eye something that rhymes with ...



## PARENT TEACHER INTERVIEWS - Term 1

### Monday 18th March and Tuesday 19th March

A note was sent home on Monday regarding the upcoming Parent Teacher Interviews. If you did not receive the information please connect with your child's homeroom teacher asap, places are filling fast.

### MOMO CHALLENGE

#### The Momo Challenge - help for parents - IMPORTANT PLEASE READ

Over the last few weeks, the MOMO Challenge has become a major internet news item. The Momo Challenge became prevalent in July 2018, targeting teenagers to complete dangerous challenges, such as encouraging children to disappear for 72 hours, physically harm others or themselves.

WhatsApp is said to have been the primary source of luring people to participate in Momo Challenge, however children are much more likely to be exposed to Momo related content via internet searching and YouTube videos that have taken advantage of the hysteria surrounding Momo. Momo is also being hidden in innocuous videos such as fake Peppa Pig cartoons posted to YouTube, whilst several YouTubers that students like to watch, are also sharing the content to see what reaction they can get from viewers to see it. Fortnite videos on YouTube are also a target for this.

Blocking this type of viral content is very difficult because it has spread to various forms of online media such as websites, apps, news and video. Please talk to your children at home and reassure them that Momo is not real, and importantly keep vigilant about what your students are searching for, using and watching when they are online. To find out more about Momo visit here: [bit.ly/2tPtINo](http://bit.ly/2tPtINo) (Thanks to St Mary's Corowa for providing this article to us for use in our newsletter)



Kids Early Action Program in Schools

### Praise and Encouragement

Praise and encouragement helps children feel good about themselves and also teaches them about behavioural expectations.

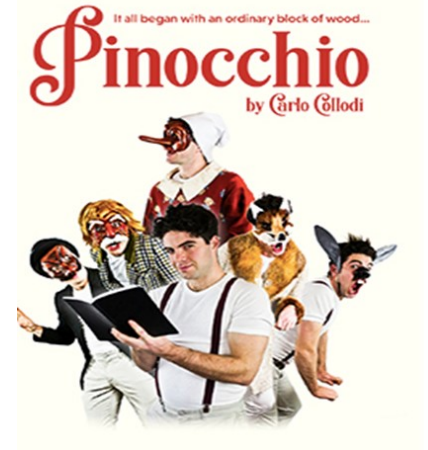
- Catch your child being good – don't wait for everything to be perfect.
- Be specific in your praise and describe exactly what it is that you like. For example, "I love the way you shared your Lego with your brother."
- Praise immediately, with smiles, eye contact, and enthusiasm.
- Help your child recognise the positive changes and progress they are making.
- Praise and encourage the 'process' of their learning. For example, "I can see you worked really hard on your homework."
- Model self-praise and positive self-talk. Children notice how we talk to ourselves about our own challenges and achievements.

*Adapted from the Raising Children Network and Carolyn Webster-Stratton*



**Harmony Day** is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values. Held every year on 21 March. The **Day** coincides with the United Nations International **Day** for the Elimination of Racial Discrimination

St Mary's we will celebrate this day on Thursday 21st March. Children are invited to dress up in international costume, flag colours or orange, which is the traditional colour of Harmony Day. Children will be provided with gelato (thanks to the Victorian Multicultural Commission grant). There will be a performance of 'Pinocchio' at 10 am, all welcome.



### First Sunday of Lent is this Sunday!

At St. Mary's we are encouraging students to bring in loose change to donate to Project Compassion. Maybe they would like to give part of their pocket money during Lent or give up buying lollies at the supermarket or maybe even check down the side of the lounge and donate their money to Project Compassion. Each homeroom has a Project Compassion box where they can deposit any spare coins.



## First Sunday of Lent

### 10<sup>th</sup> March 2019



Twelve-year-old Thandolwayo would walk seven kilometres each day to collect contaminated water for her family. It looked like she would never realise her hope of finishing her education and becoming a nurse, until a Caritas Australia supported project created access to clean water helping Thandolwayo to stay at school and achieve a future full of hope.

**Please donate to Project Compassion 2019 and to provide clean water and a future full of hope for vulnerable communities in Zimbabwe.**

**Lives change when we all give 100%. You can donate through Parish boxes and envelopes, by visiting [www.caritas.org.au/projectcompassion](http://www.caritas.org.au/projectcompassion) or phoning 1800 024 413.**

### 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*

## Indigenous Immersion

The 3-6 senior unit at St Mary's Primary school were immersed in a first hand experience of Indigenous culture when Treahna Hamm, supported by Louise from the Sandhurst Diocese visited our school to share their experiences, ranging from the stolen generation to the indigenous connection with the land. The Yorta Yorta artist Treahna Hamm shared her journey through story and symbol and supported the year 3-6s in tracing their own journey through art and symbol. Students also explored the tools that were used by the original custodians of our land such as shields, boomerangs, clothing, bedding, hunting materials and fire making tools.



## Rutherglen is going to start its own Repair Café and Skillshare

**Do you have a bike that isn't working properly? Or a dress with a hem come down? Toss it? No way! Would you like someone to repair some of your everyday items and learn or teach a new skill? A Repair Café and Skillshare will be open in Rutherglen soon.**

By promoting repairs and sharing skills, Rutherglen Repair Café and Skillshare wants to help reduce mountains of waste - things which practically have nothing wrong with them, and which could easily be used again after a simple repair. We'd also like to share skills like knitting, crocheting and basic repair skills of everyday items.

Repair Café and Skillshare will also put local residents in touch with each other and provide the opportunity to discover that a lot of know-how and practical skills can be found close to home.

**A Community Interest Meeting will be held on Tuesday 19 March at the Rutherglen Senior Citizens Clubrooms commencing at 5.30pm to work towards!**

- 1. Finding various volunteer repair experts** to help make all possible repairs free of charge and share skills which are becoming lost. Tools and materials will also be on hand. People visiting the Repair Café and Skillshare will bring along their broken items from home, items (excluding those with electrical faults) are welcome and can more than likely be repaired. The Repair Café and Skillshare specialists almost always have the know-how. Some specialist repairers won't be at every session.
- 2. Finding a venue** - It is planned to organise a Repair Café and Skillshare on a regular basis (probably once a month) in location to be determined. News about dates and location of up-and-coming sessions and repairers will follow as soon as possible!
- 3. Establishing a group to ensure the ongoing operation of the Repair Café and Skillshare** - form a small group to ensure the Repair Café and Skillshare continues to operate in Rutherglen.

### Repair Café Foundation

The Repair Café concept arose in the Netherlands, in 2009, and was formulated by Martine Postma, at the time an Amsterdam-based journalist/publicist. In 2010, she started the Repair Café Foundation (see [Repaircafe.org](http://Repaircafe.org)). This foundation provides support to local groups around the world wishing to start their own Repair Café. The foundation also supports the Repair Café in Rutherglen.

Contact Jeanette McIntosh on 0409 328053 or [mcintosh@netspace.net.au](mailto:mcintosh@netspace.net.au) for more information.

### BE THE PARENT

You're in charge. Set boundaries and consider filtering software.

### RULES

Create a family media agreement with tech free zones such as cars, bedrooms and meals.

### LEARN

Explore reliable resources for parents so you can educate yourself.

### 13 +

Don't support your child to sign up for 13+ sites if they're underage.

### COLLABORATE

Take an interest in your child's digital interests and favourite apps or sites. Consider co-viewing or co-creating at times.



## Digital Citizenship & Internet Safety TIPS FOR PARENTS

### DON'T BLOCK

Avoiding technology is not a practical solution.

### YAPPY

Teach privacy: Your full name, Address, Phone number, Passwords, Your plans

### CRITICAL THINKING

Help children filter information and navigate fact from fiction.

### UNPLUG

Balance green time and screen time. Focus on basic developmental needs.

### COMMUNICATE

Work with your child to navigate digital dilemmas. Encourage open communication and avoid using devices as rewards/punishments.

*Don't forget*  
**YOU ARE A ROLE MODEL**

@kathleen\_morris

kathleenamorris.com



**AUSTRALIAN CLASSIC MOVIES ARE BACK AGAIN**

**At Chiltern's Star Theatre at 6.45pm for another year of great films!**  
**on Saturday 16th March**

**"Robbery Under Arms"** 1985 version of the film. PG rating

Acclaimed actor **Sam Neill** (*Death in Brunswick, Jurassic Park*) stars as the suave and enigmatic bushranger, Captain Starlight, in this action adventure tale set in the rugged Australian outback. Joined by bush larrikin, Ben Marston (Ed Devereaux - *Skippy*), and Ben's two adventure-hungry sons (Steven Vidler and Christopher Cummings – *My Brother Tom*), Starlight leads his gang of wild colonial boys in search of riches, romance and other men's cattle. After some daring escapades, the boys decide to change their lives and go straight after one last job. However their luck may be running out. With the chief of police and his men in tow, the outlaws will have to make a run for it in one last wild race to freedom. Set in the 1880s the film is boisterous, funny and engaging and distinguished by some magnificent views of the Flinders Ranges in South Australia.

Cost: \$30 - The night will follow the same format as before and includes BBQ tea, film showing, discussion and supper as well as membership of FLICS. Children half price.

**Bookings appreciated ASAP for catering purposes.**

To: Steve Woodburne: email [swoodbur@bigpond.net.au](mailto:swoodbur@bigpond.net.au)  
Or Lois Hotson: [hotson@westnet.com.au](mailto:hotson@westnet.com.au) ph 0357 261358

Take advantage of our \$28 Early-bird concession price if booking and payment is received by the Wednesday prior to the film night by Direct Debit or payment at the Chiltern Post office

Direct Debit to **BSB 803 070 Acct No 29394** Lions Club Chiltern Inc.  
Please include your name in reference line.

**CR United Hockey Club**

**Training times 2019**

**Training begins Tuesday March 5th**

**Tuesday**

Un 12 Girls 5-6 pm

Un 14 Girls, Un 16 Girls 5-6 pm

Senior Women 6.15- 7.30pm

**Wednesday**

Un 12 Boys 5-6pm

Un14 Boys & 16 Boys 5.30 – 6.30pm

Senior Men 6.30- 8pm

**Thursday**

Un 9's 4.30-5.30pm (Start date to be confirmed)

For further information email the club on [crunitedhockey@gmail.com](mailto:crunitedhockey@gmail.com) or make contact via our Facebook page.



# Small Heroes. BIG Dreams.

Centre:

Rutherglen Net Set Go

Location:

Barkly Park 47 Reid Street

Registration:

Online before 1st game 5th May

Contact:

Kel0416098203Mel0438329014

Cost:

Will vary ( 1 or more kids)

Register now: [netsetgo.asn.au](http://netsetgo.asn.au)



## Register Now!

### Rutherglen Auskick

Barkly Park, Reid St Rutherglen

Wednesdays at 4:30pm

Starting Wednesday 27th March  
Register via the link below:

[Visit play.afl/auskick](http://play.afl/auskick)



# Swimming Carnival Timetable

Friday 8th March, 2019

9:30	May Baring Heats (all age groups)
9:45	Freestyle Events (all age groups)
10:30	Recess
10:45	Backstroke Events (all age groups)
11:30	Breastroke Events (all age groups)
12:15	May Baring Final
12:30	Presentations
12:45	Lunch
	Free Swim

## Victorian State Rowing

On the weekend Adelyn Holland and Aleisha Price went to Nagambie for a rowing Regatta for the Victorian State Championship. Adelyn Holland won three medals; two gold medals and one bronze medal. Aleisha Price won two medals; one gold medal and one silver medal. All up we both had a great weekend and we were very proud of ourselves and we both came home with medals.

*Written by Aleisha and Adelyn*



# Important Calendar Dates - 2019

## Term 1

Wednesday 6 March	Swimming Ash Wednesday
Thursday 7 March	Swimming
Friday 8 March	Swimming Carnival (see page 11 for timetable)
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)
Monday 18 March	PSGs/Parent Meetings - data sharing
Tuesday 19 March	PSGs/Parent Meetings - data sharing
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)
Wednesday 27 March	Sacrament of Reconciliation - 6pm
Friday 5 April	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

Matt Attwater (Principal) —[mattwater@smrutherglen.catholic.edu.au](mailto:mattwater@smrutherglen.catholic.edu.au)

Libby Dickinson (Junior Classroom teacher) - [edickinson@smrutherglen.catholic.edu.au](mailto:edickinson@smrutherglen.catholic.edu.au)

Hannah Kelly (Junior Classroom teacher) - [hkelly@smrutherglen.catholic.edu.au](mailto:hkelly@smrutherglen.catholic.edu.au)

Shannon Terlich (Senior Classroom teacher) - [sterlich@smrutherglen.catholic.edu.au](mailto:sterlich@smrutherglen.catholic.edu.au)

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Nicole O'Mahony (Learning Diversity Leader) - [nomahony@smrutherglen.catholic.edu.au](mailto:nomahony@smrutherglen.catholic.edu.au)

Amanda Arnot—(Administration Officer) - [aarnot@smrutherglen.catholic.edu.au](mailto:aarnot@smrutherglen.catholic.edu.au)