

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

75-89 High Street - Rutherglen - Vic - 3685

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Email - [principal@smrutherglen.catholic.edu.au](mailto:principal@smrutherglen.catholic.edu.au)

## Weekend Mass Times:

Chiltern Saturday 6pm

Rutherglen Sunday 9am

Wahgunyah Sunday 10.30am

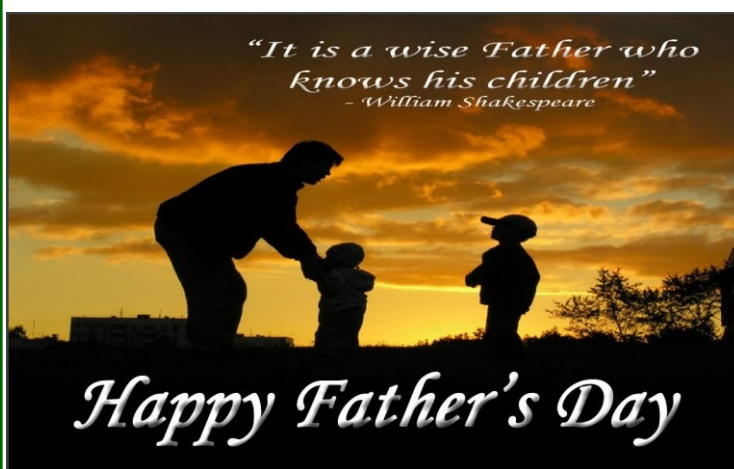


## Newsletter *Issue 25 - Term 3 - Wednesday 28 August, 2019*

### PBIS Focus of the Week Expectations on the Playground

Dear Parents/ Carers,

This Sunday we keep all our special thoughts and prayers for our dads & grandads.



#### Father's Day Fun Afternoon & Sausage sizzle: Friday 30th August at 1.30pm

Father's Day is getting closer and we would love to see as many dads and grandads as possible for a fun afternoon and sausage sizzle on Friday 30th August. We would also like to see lots of mums there too!!! So come along for a bit of a kick to kick, downball and some board games.

#### Athletics Sports: Tomorrow 29th August at Alexandra Park Albury

Thanks to those families who have volunteered to help out tomorrow at the sports. Looking forward to seeing everyone there to cheer on the students. Let's hope we have fine weather. Event timetable on page 11.

#### Lunch Orders - Please Order from the New Menu

Could all families make sure you order from the **new lunch order menu** that was sent home last week as there have been a few pricing changes from our previous lunch order menu. The new menu is in today's newsletter.

#### Book Week

We had a great Book Week Parade celebration last week. Well done to all the students and staff who put in a lot of work with their costumes. Thanks to all parents, toddlers and grandparents who came out to enjoy the parade. See photos in today's newsletter.

#### Long Service Leave:

Libby Dickinson will be on Long Service Leave for the last 3 weeks of Term 3. We welcome Genevieve Collins back who will replace Libby whilst she is on leave.

#### Prayers:

We keep James White, who was involved in a truck accident recently, in our prayers as he recovers in Albury Base hospital. The White's were a long time family at St. Mary's.

### IMPORTANT DATES

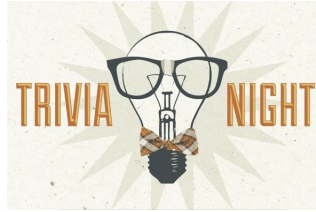
Thursday 29 August	Athletics Day
Friday 30 August	Junior Mass 9.30am - 10.30am Father's Day Stall Father's Day games day and BBQ (1.30pm)
Wed 4 September	6.00 pm— Life Relationships (grades 5 & 6)

### Trivia Night:

The trivia night is almost upon us. It was a great night last year and fully booked out!! Please book your table with Amanda as soon as possible. Lots of great prizes to be won and fun to be had. The cost is \$10 per person. Tables of 6 and 8 are available.

**Teaser question:** Q. How many legs does a lobster have??

**Trivia Answer:** See the end of the newsletter



### Indigo Shire Youth Ambassador:

Alex O'Meara is our Youth Ambassador representative on the Indigo Shire. Part of Alex's responsibility is to fund raise for an organisation that she is passionate about. Here are Alex's thoughts:

*"I decided to fundraise for an organization called TLC for kids. (Tender Loving Care for Kids). This is an organisation that helps very sick kids to live out some of their hopes & dreams. When I contacted the organisation I was lucky enough to be invited to Melbourne to meet the CEO. His name is Tim. He told me about how the organisation works and about some of the very sick kids the organisation has helped like a little girl who wanted to meet her singing heroes, High Five. They were able to fly her to Sydney to see their show before she very sadly passed away. So far I have almost raised \$1000 to donate to TLC."*

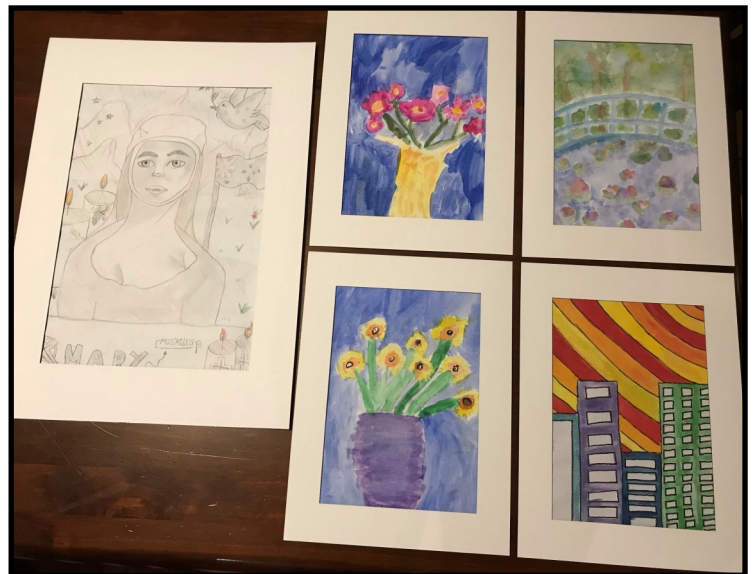
Alex has placed a collection tin at the school's office for anyone wishing to donate to this worthy cause.

Alex visited TLC headquarters and met CEO, Tim



### Mackillop Art Exhibition:

Each year our Sandhurst Diocese holds the Mackillop Art Exhibition in Bendigo, where schools are invited to submit pieces of artwork. There are two artwork categories. One is for General Artwork and the other is Spiritual Artwork. The Spiritual artwork was very specific with a lesson plan (crayon rubbings from around the school). Thanks Jane van Zanten for encouraging our students to be part of the exhibition.



Our General artwork entries (above) are;

**Emma Meyer** - The Cross of Stars:

**Jazmyn Lea** - Above the Above

**Arthur Morris** - Flowers in Vase

**Maiya Lea** - Sunflowers in Vase

**Felicity Hartung** - Warm and cool city

Our Spiritual Artwork entries (left) are;

**Aleisha Price** - The Sunset

**Lucinda Steel** - Friendship

**Grace Fuge** - Trees Against the Sunset

**Georgina Upton** - The Friendship

**Akira Bonacci-Law** - Whispering Trees



## PBIS Awards ( Positive Behaviour in Schools):

This week's Focus: **Expectations on the Playground**

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

### Congratulations to this week's PBIS Winners

(pictured below):

*Holly O'Donoghue (3/4JS), Jackson Cooke (1/2LD) and Isabel Neil (F/1HK)*



Have a great week,

Matt  
Principal



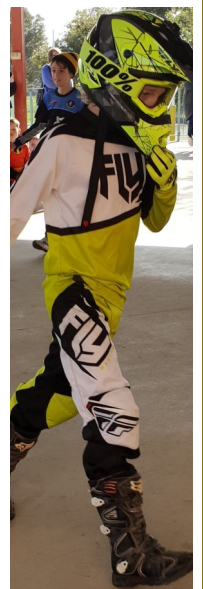
### Trivia Answer:

A lobster has 10 legs.

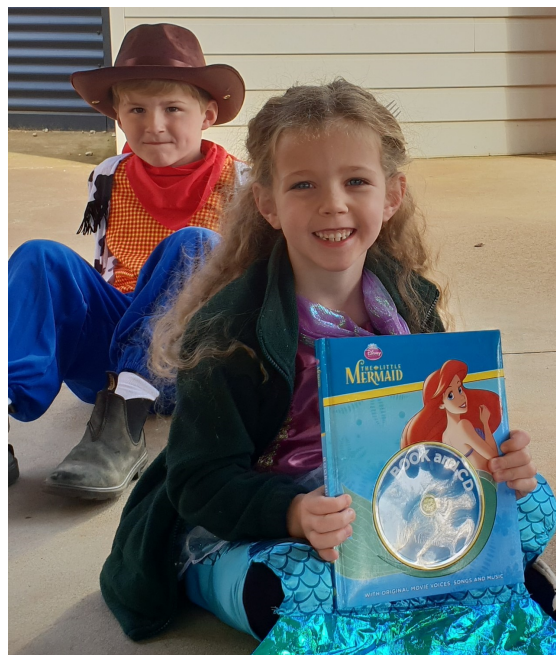


Book Week

Dress-up parade









**Parent Access Module (PAM)**  
Check your inbox for Activity Notifications

**IMPORTANT:**  
Please use PAM to notify the school of your child's absence.



## Father's Day stall Friday 30 August



Please return your note  
indicating how many  
Father's Day gifts your  
child/ren are purchasing.

Please also include your payment  
(\$5.00 per gift)

## 2nd Hand Uniforms

We have a good supply of 2nd hand  
uniforms looking for new owners.

Come along and have a look, there may be  
something that your child is in need of, all  
for a gold coin donation.



We send our best wishes to:

Georgie Upton (1/09)



who will be celebrating her birthday  
this week.



**RUTHERGLEN LITTLE ATHLETICS**  
**TUESDAYS 4.30pm – 6pm**

2019 Season runs from September to  
December, once a week.

New Athletes can try two sessions for free.

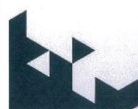
Rutherglen Show Grounds, High Street.

Register online: [lavic.com.au/Get-Involved](http://lavic.com.au/Get-Involved)

Registration is \$100 per child.

Contact Nathan (0428 427 718), Marika (0427 408 591) or

Follow us on Facebook.



**BE YOUR BEST**  
WWW.LAVIC.COM.AU





St. Mary's School  
89 High Street  
Rutherglen Vic 3685  
Telephone: (02) 6032 9284

## Tuckshop Price List 2019

Tuckshop day is – FRIDAY

ORDERS NEED TO BE PLACED BY WEDNESDAY, NO LATE ORDERS WILL BE PROCESSED

### PASTRIES

- Plain Steak Pie \$5
- Sausage Roll \$4.5

### BREADS

- Cheese & Bacon Roll \$2.90
- Cheese & Vegemite Scroll \$4.50
- Ham, Cheese & Mayo Scroll \$4.50
- Cheese Grissini \$3
- Fruit Bun with butter \$3.50
- Apple Scroll \$5.50

### SANDWICHES/ROLLS

- Egg, Lettuce & Mayo Sandwich/Roll \$5.00
- Salad Sandwich/Roll \$6.00
- Chicken, Lettuce & Mayo Sandwich/Roll \$5.00
- Ham, Cheese & Tomato Sandwich/Roll \$5.00

### DRINKS

- Juice Box (Apple/Orange/Tropical) \$2.50
- Small Milk 300ml (Chocolate/Strawberry) \$3.20
- Large Milk 600ml (Chocolate/Strawberry) \$4.30
- Water 600ml \$3

### **HOW TO PLACE A LUNCH ORDER**

1. Write your child's full name and class (e.g. F/1 HK) on a paper bag and bring to school on the Wednesday.
2. Write the items you require, with the amount written beside each item and a total at the bottom.
3. Place correct money in the bag and leave it with your child's teacher on Wednesday morning.

## CHILDREN'S CHATTER MATTERS

### Pragmatics and Social skills

*Focus: Strategies for coping with difficult situations.*



*They persist with tasks when faced with challenges and adapt their approach when first attempts are not successful.*

Find a game or activity that your child is really good at, this could even be one of their favourite computer games. Pretend that you know nothing about this game and want to learn more. Encourage your child to give you explicit instructions on how the game is played.

Make constant mistakes but use the phrases such as; "That's ok, I'm just learning" or "I'll get there, I just need to practise, thank for your help". Continually check that you are on the right track. Give your child lots of positive feedback about their instructions and how much you enjoy the game. Your child could teach a number of family members or friends how to play this game.

Reverse this activity by working with your child as they tackle a tricky learning situation, encourage them to adopt similar phrases as they make mistakes and take risks.

Using books can be an effective way to encourage children to gain and different perspective and develop their ability to identify and acknowledge the strengths and skills of others and give praise.



## BECOME A MENTAL HEALTH FIRST AIDER

**Graeme Bye (Psychologist), Ken Sheldon & Ken Hunter**

is pleased to provide **Mental Health First Aid (MHFA)** training for staff

About 1 in 5 Australian adults experience a common mental illness each year. Mental Health First Aid (MHFA) training will teach you practical skills to support someone with a mental health problem. Make a real difference at work and in your personal life.

### STANDARD MHFA TRAINING BENEFITS

#### KNOWLEDGE

Improves knowledge of mental illnesses, treatments and first aid actions.

#### CONFIDENCE

Increases confidence in providing first aid.

#### DE-STIGMATISING

Decreases stigmatising attitudes.

#### SUPPORT

Increases the support provided to others.

*"Excellent - a course that as many people as possible should be doing. Should be mandatory in all workplaces to have mental health first aid officers." - Pia*



#### LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

This is a 12-hour educational course, not a therapy or support group.



#### HOW DO I SIGN UP?

To discuss further please email Graeme Bye on [Graeme@grbconsulting.com.au](mailto:Graeme@grbconsulting.com.au)  
Alternatively call or text mobile 0407 291 038

**DATES** 4th and 5th Sept 2019

**TIMES** 9.00am - 5.00pm

**COST** \$325pp + GST

**VENUE** Albury Club  
519 Kiewa Street Albury

#### FACILITATOR/S

**Graeme Bye**  
**Ken Sheldon/Ken Hunter**

For more information, visit [mhfa.com.au/courses](http://mhfa.com.au/courses)



@MHFA\_Australia



@mentalhealthfirstaid

## STANDARD MENTAL HEALTH FIRST AID COURSE

SESSION ONE (3 hours)		SESSION THREE (3 hours)	
<b>Part 1</b> Mental Illness <ul style="list-style-type: none"><li>• Risk factors, prevalence and impact</li><li>• Spectrum of interventions</li></ul> Mental Health First Aid <ul style="list-style-type: none"><li>• The MHFA Action Plan</li></ul>	<b>Part 2</b> Depression <ul style="list-style-type: none"><li>• Signs, symptoms and interventions</li></ul>	<b>Part 1</b> The MHFA Action Plan for Anxiety Problems <ul style="list-style-type: none"><li>• Crisis first aid for panic attacks</li><li>• Crisis first aid after a traumatic event</li><li>• First aid for anxiety problems</li></ul>	<b>Part 2</b> Psychosis <ul style="list-style-type: none"><li>• Signs, symptoms and interventions</li></ul>
SESSION TWO (3 hours)		SESSION FOUR (3 hours)	
<b>Part 1</b> The MHFA Action Plan for Depression <ul style="list-style-type: none"><li>• Crisis first aid for suicidal thoughts and behaviours</li><li>• (Crisis first aid for non-suicidal self-injury)</li><li>• First aid for depression</li></ul> Anxiety Problems <ul style="list-style-type: none"><li>• Signs, symptoms and interventions</li></ul>	<b>Part 2</b> Substance Use Problems <ul style="list-style-type: none"><li>• Signs, symptoms and interventions</li></ul> The MHFA Action Plan for Substance Use Problems <ul style="list-style-type: none"><li>• Crisis first aid for severe effects of substance use</li><li>• Crisis first aid for aggressive behaviour</li><li>• First aid for substance use problems</li></ul>	<b>Part 1</b> The MHFA Action Plan for Psychosis <ul style="list-style-type: none"><li>• Crisis first aid for severe psychotic states</li><li>• First aid for psychosis</li></ul>	<b>Part 2</b> Substance Use Problems <ul style="list-style-type: none"><li>• Signs, symptoms and interventions</li></ul> The MHFA Action Plan for Substance Use Problems <ul style="list-style-type: none"><li>• Crisis first aid for severe effects of substance use</li><li>• Crisis first aid for aggressive behaviour</li><li>• First aid for substance use problems</li></ul>

Fifth Qtr

Level 2 90 William Street Melbourne VIC 3000  
www.fifthqtr.com.au

## ABOUT US

Fifth Qtr is an evidence-based training solution that provides organisations with the skills and confidence to respond effectively to signs of mental health challenges in the workplace.

Fifth Qtr is the brain child of Triple Premiership Players with the Carlton Football Club, Ken Hunter and Ken Sheldon, who have been up and down the road to success many times, in business, in sport and in life.

Ken Hunter took a massive risk both personally and professionally to become the first AFL player to public discuss the mental health battle he fought less than 12 months after playing in Carlton's 1987 premiership team.

Ken Sheldon was appointed coach at St Kilda Football club at the age of 29 and took the club to the finals for the first time in 18 years. Ken recorded the second highest win/loss ratio in St Kilda history.

At the Fifth Qtr, Hunter and Sheldon work with organisations to improve capability and success through a balance of mental health and high performance of individuals and teams.

Fifth Qtr offers a mentally healthy workplace framework business requirements, ensuring you raise awareness of mental health issues amongst staff and managers, while empowering people to react effectively and appropriately to issues that may arise at work using statistical and analytical methods and techniques of the applied social sciences to gain insight or support decision making.

## MENTAL HEALTH FIRST AID TRAINING

The Standard Mental Health First Aid course will teach you how to provide initial support to other adults who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence based Action Plan.

This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

"Mental health problems covered"

- Depression
- Anxiety problems
- Psychosis
- Substance use problems

"Mental health crises covered"

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours.

Note: This course is not a therapy or a support group.



**MENTAL  
HEALTH  
FIRST AID**  
Australia

### CONTACT FIFTH QTR:

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**KEN HUNTER**  
DIRECTOR  
E ken.hunter@fifthqtr.com.au  
M 0418 358 300



## Athletics Carnival — Thursday 29th August, 2019

	<u>6yrs</u>	<u>7yrs</u>	<u>8yrs</u>	<u>9yrs</u>	<u>10yrs</u>	<u>11yrs</u>	<u>12/13yrs</u>
<b><u>10:00</u></b>	Bean Bag Throw	Vortex	Sprints	Long Jump	Discus	Distance	Hurdles
<b><u>10:30</u></b>	Vortex	Sprints	Long Jump	Discus	Distance	Hurdles	Shot Put
<b><u>11:00</u></b>	<b>Fruit Snack</b>						
<b><u>11:10</u></b>	Sprints	Long Jump	Discus	Distance	Hurdles	Shot Put	Vortex
<b><u>11:35</u></b>	Long Jump	Quoit Throw	Distance	Hurdles	Shot Put	Vortex	Sprints
<b><u>12:00</u></b>	Quoit Throw	Distance	Hurdles	Shot Put	Vortex	Sprints	Long Jump
<b><u>12:30</u></b>	<b>Lunch</b>						
<b><u>1:00</u></b>	Distance	Hurdles	Shot Put	Vortex	Sprints	Long Jump	Discus
<b><u>1:30</u></b>	Hurdles	Bean Bag Throw	Vortex	Sprints	Long Jump	Discus	Distance
<b><u>2:00</u></b>	<b>Presentation</b>						

# Important Calendar Dates - 2019

## Term 3

Thursday 29 August	<b>Athletics Day</b>
Friday 30 August	<b>Junior Mass 9.30am - 10.30am</b> <b>Father's Day Stall</b> <b>Father's Day games day and BBQ (1.30pm)</b>
Wed 4 September	<b>6.00 pm— Life Relationships (grades 5 &amp; 6)</b>
Thur 5 September	<b>District Athletics Carnival</b>
Friday 6 September	<b>Meerkat Production 9.00am - 11.00am (Whole school)</b> <b>Trivia Night (Parish Hall)</b>
Mon 9—Fri 13 Sept	<b>Meals on Wheels</b>
Monday 9 September	<b>Parent/Teacher interviews</b>
Friday 20 September	<b>Glenview Visit - Seniors 10.00am - 11.00am</b> <b>Last Day Term 3 (Casual Clothes Day - gold coin donation)</b> <b>School finishes at 2.30pm</b>

## Term 4

Monday 7 October	<b>First Day Term 4</b>
Wed 30 October	<b>Canberra Camp (Grades 5 &amp; 6)</b>
Thur 31 October	<b>Canberra Camp (Grades 5 &amp; 6)</b> <b>Borambola Camp (Grades 3 &amp; 4)</b>
Fri 1 November	<b>Canberra Camp (Grades 5 &amp; 6)</b> <b>Borambola Camp (Grades 3 &amp; 4)</b>
Mon 4 November	<b>Report Writing Day (School closed)</b>
Tue 5 November	<b>Melbourne Cup Public Holiday (School closed)</b>
Tues 19 November	<b>9.00am - 11.00am Kinder/Foundation Transition day</b>
Tues 26 November	<b>9.00am - 11.00am Kinder/Foundation Transition day</b>
Fri 29 November	<b>Bishop's Holiday (School closed)</b>
Tues 3 December	<b>9.00am - 12.45pm Kinder/Foundation Transition day</b>
Wed 18 December	<b>Last Day Term 4 (Casual Clothes Day - gold coin donation)</b> <b>School finishes at 3.30pm</b>

## 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)

John McNamara (Senior Classroom teacher) - [jmcnamara@smrutherglen.catholic.edu.au](mailto:jmcnamara@smrutherglen.catholic.edu.au)

Jodie Smith (Senior Classroom teacher) - [jsmith@smrutherglen.catholic.edu.au](mailto:jsmith@smrutherglen.catholic.edu.au)

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

Jane van Zanten (Art Teacher) - [jvanzanten@smrutherglen.catholic.edu.au](mailto:jvanzanten@smrutherglen.catholic.edu.au)

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