

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

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Weekend Mass Times:

Chiltern Saturday 6pm

Rutherglen Sunday 9am

Wahgunyah Sunday 10.30am



Newsletter *Issue 26 - Term 3 - Wednesday 4 September, 2019*

PBIS Focus of the Week Expectations on the Playground

Dear Parents/ Carers,



Spring

*For flowers that bloom about our feet;
For tender grass, so fresh, so sweet;
For song of bird, and hum of bee;
For all things fair we hear or see,
Father in heaven, we thank Thee!*

*For blue of stream and blue of sky;
For pleasant shade of branches high;
For fragrant air and cooling breeze;
For beauty of the blooming trees,
Father in heaven, we thank Thee!*

Father's Day Fun Afternoon:

A big thanks to all the dads, grandads, mums & grandmas who were able to make it along to our Father's Day fun afternoon & BBQ last Friday. It was definitely a very pleasant afternoon enjoyed by everyone.

Thanks also to Briony Taylor and friends who helped prepare for our Father's Day stall this year.



IMPORTANT DATES

Wed 4 September	6.00 pm— Life Relationships (grades 5 & 6)
Thur 5 September	District Athletics Carnival
Friday 6 September	Meerkat Production 9.00am - 11.00am (Whole school)
Mon 9—Fri 13 Sept	Meals on Wheels
Monday 9 Sept	Parent/Teacher interviews
Tuesday 10 Sept	Festival of the Sacred A3 performance (grades 5 & 6)

Trivia Night THIS FRIDAY EVENING: POSTPONED

Unfortunately due to a number of tables now not able to make it this Friday we have decided to postpone the Trivia night until next term. We will let you know the date in next week's newsletter.



Athletic Sports:

Well done to Nagle House who won the sports last Thursday. We were blessed with the weather and a great day was enjoyed by all. Congratulations to Jo Somerville (*pictured left*) who was the overall Girl Champion of the day. Also thanks to all parents/grandparents who helped out on the day.

Parent Teacher Interviews:

Please make sure you have booked your time through PAM for interviews next Tuesday. We still have a few families who are yet to book a time.



ESmart Week is This Week:

As part of ESmart Week, David Williams from the Catholic Education Office, will be running a Cyber Safety session for the Junior and Senior school on Friday. Remember parents have a big role to play in talking to their children about responsible use of technology and the potential dangers of technology. Having strong standards in this area is paramount.

Thank You to Murray Brass Band:

A huge thanks to the Murray Brass Band for a very, very generous donation of \$2000 to put towards some musical instruments that we can now purchase.

1. Multicultural musical set
2. Student Percussion Set and Instrument Stand
3. Tubular Bell Wind Chime
4. Aboriginal Clap Sticks
5. Low Floor Drum
6. Floor Tom Drum
7. African Djembe Drum
8. 2 x Hand Drums
9. Sing Along & Move Kit

Murray Brass Band representative, Janet Dickens (*pictured right*) with Milligan Morris and Principal, Matt Atkinson



Our Footy Colours Day was held on Friday. It was great to see staff supporting kids with cancer.

Hannah Kelly and Wayne Milthorpe pictured left.

Welcome:

This week welcome Carvyn Stubbs into Yr 3 JS and St. Mary's community along with his parents Carolyn and Jade.

Hats:

As the weather begins to warm up during the day it would be a good idea for students to bring a school hat in their bag. Hats are compulsory for outside activities in Term 1 & 4.

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, as there have been a few changes from our previous lunch order menu.



Winners of the Principal's awards this week

(pictured left)

Kasey Rhodes 1/2LD

Murray Enever-Cooper 3/4ST

Carvyn Stubbs 3/4JS



Winners of the PBIS awards this week

(pictured above—back row)

Lukas Moore 5/6JM, Aleisha Price 5/6JM, Charlie Kay 1/2LD,

Henry Lister 3/4JS, Holly O'Donoghue 3/4JS & Milligan Morris 3/4JS

(pictured above—front row)

Sam Morris 3/4ST, Jaylen Cracknell 3/4ST, Travis Gunning 3/4ST, Cody O'Donoghue F/1HK & Isabel Neil 1/2LD

(pictured left)



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

Congratulations to this week's PBIS Winners

(pictured below):

Harry Saunders 3/4JS, Holly McMahon 5/6JM and Callum Potter 3/4JS



Have a great week,

Matt
Principal



Screen time for your child – 7 tips

There is a lot of conflicting advice and emerging research around screen time. But, the right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine. It can be easy to focus only on the clock and how long your child is spending in front of the screen, but the quality and nature of what they are doing online, and your involvement are just as important.

Consider your child's screen use in the context of their overall health and wellbeing – for example, is online time getting in the way of their sleep and exercise? Is it impacting on their face-to-face connections with family and friends? The answers to these questions will guide you and help strike the right balance of online and offline activities for your child.



1. Be involved

Sharing screen time and online activities like gaming with your child helps you gauge the appropriateness of what they are doing and manage potential risks. It's also a great way to start conversations with your child about their online experiences.



2. Work with your child to set boundaries for screen use

If you decide that setting screen time limits is right for you and your child, discuss these new rules with your child. Older children are more likely to cooperate if they have been part of the decision-making process. Colourful pictures or charts of daily limits and other important activities is a fun way to get younger children on board.



3. Be clear about the consequences of not switching off

Part of our role as parents is to set clear limitations and boundaries. The same applies to technology limitations so, being clear and consistent about the consequences for your child if they do not stick to these rules is paramount. The [Raising Children Network](#) provides some useful tools and advice.



4. Set device-free zones and times at home

Device-free zones can help you manage your family's digital use. Here are some ideas for setting digital boundaries within your home:

- no devices in the bedroom for younger children
- all screens off in bedrooms after a certain time for older children
- all screens off at least one hour before planned bedtime
- all family members switch off at dinner time
- charge devices overnight in a place your child cannot access



5. Ask your child to explain their screen use

Get your child in the habit of explaining why they want to be in front of a screen or online. It's a great way to get them thinking about their own digital habits and balancing screen time with other activities.



6. Use tech tools to help manage access

There are robust products and device functions which allow you to see which apps are being used in your home and for how long. But try not to use these tools to secretly monitor your child. Instead, be open about the process and check the whole family's usage, including your own. Start with [Google Family Link](#) for Android devices or [parental controls](#) and [Screen Time](#) for iPhone/iPad.



7. Lead by example

Your behaviour is one of the most effective ways to help your child develop a positive digital mindset. Show your child you can put down your device too.



Parent Access Module (PAM)



Check your inbox for Activity Notifications

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



Portsea Camp:

Indigo Shire Council are now taking expressions of interest for attendance at the 2020 Portsea Camp. The camp is for students 9 – 12 years old and will run from Thursday 2 January 2020 until Thursday 9 of January, the cost is \$390 per student which includes transport to and from the camp.

Places are not guaranteed, to register your interest please visit www.indigoshire.vic.gov.au/portseacamp or call Indigo Shire Council on 1300 365 003. Registrations close on Friday 11 October.

Volunteer at Portsea Camp:

Portsea Camp are also seeking leaders and junior leaders to attend the camp! Positions include room leaders and recreation leaders to oversee indoor and outdoor activities including sport, swimming, discos, arts & craft, cooking and hiking to name just a few!

Camp Leaders need to be friendly, hardworking and have an ability to communicate well and work closely with a diverse group of children and adults.

If you think this is you, please contact Jess Johnston on 1300 365 003. More information can be found here: <http://www.theportseacamp.com.au/how-to-help/volunteer/charity-camps>

CHILDREN'S CHATTER MATTERS

Pragmatics and Social skills

Focus: Students recognise and appreciate the uniqueness of all people.



Play the **Same and Different** game in the car with your child. Take turns to name any 2 people in the world (they can be friends or famous people you are both familiar with).

Discuss 2 characteristics of how those people are similar then 2 differences ie: what makes them unique. This could be their likes/dislikes, race, gender, religion etc. Talk about how we are lucky that everyone is a little bit different, we can learn from each other. How people from different cultures etc contribute positively to our world. For example: Justin Bieber & Beyonce. Similar = Entertainers, American eg. Differences: gender & race

"Toppling" by Sally Murphy is an excellent, easy read that covers issues such as accepting others differences, building relationships and dealing with hardship.

INDIGO SHIRE LIBRARIES

ROALD DAHL DAY

Celebrate the magic of the worlds greatest storyteller

Friday 13 September

3.30pm - 5.30pm

GAMES
ACTIVITIES
ART
CRAFT

RUTHERGLEN LIBRARY

YACKANDANDAH LIBRARY

CHILTERN LIBRARY

BEECHWORTH LIBRARY

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 could use.



Important Calendar Dates - 2019

Term 3

Wed 4 September	6.00 pm— Life Relationships (grades 5 & 6)
Thur 5 September	District Athletics Carnival
Friday 6 September	Meerkat Production 9.00am - 11.00am (Whole school)
Mon 9—Fri 13 Sept	Meals on Wheels
Monday 9 Sept	Parent/Teacher interviews
Tuesday 10 Sept	Festival of the Sacred A3 performance (grades 5 & 6)
Friday 13 Sept	Senior Mass - 9.30am
Tuesday 17 Sept	Assembly - 3.00pm
Friday 20 September	Glenview Visit - Seniors 10.00am - 11.00am
	Last Day Term 3 (Casual Clothes Day - gold coin donation)
	School finishes at 2.30pm

Term 4

Monday 7 October	First Day Term 4
Friday 11 October	Walk to School Day
Thur 24 October	SEEDS Day (Grades 5 & 6)
Friday 25 October	Grade 5 Leadership Day - Catholic College, Wodonga
Wed 30 October	Canberra Camp (Grades 5 & 6)
Thur 31 October	Canberra Camp (Grades 5 & 6)
	Borambola Camp (Grades 3 & 4)
Fri 1 November	Canberra Camp (Grades 5 & 6)
	Borambola Camp (Grades 3 & 4)
Mon 4 November	Report Writing Day (School closed)
Tue 5 November	Melbourne Cup Public Holiday (School closed)
Tues 19 November	9.00am - 11.00am Kinder/Foundation Transition day
Tues 26 November	9.00am - 11.00am Kinder/Foundation Transition day
Fri 29 November	Bishop's Holiday (School closed)
Tues 3 December	9.00am - 12.45pm Kinder/Foundation Transition day
Wed 18 December	Last Day Term 4 (Casual Clothes Day - gold coin donation)

Staff email addresses

Matt Attwater (Principal) - mattwater@smrutherglen.catholic.edu.au

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Hannah Kelly (Junior Classroom teacher) - hkelly@smrutherglen.catholic.edu.au

Shannon Terlich (Senior Classroom teacher) - sterlich@smrutherglen.catholic.edu.au

John McNamara (Senior Classroom teacher) - jmcnamara@smrutherglen.catholic.edu.au

Jodie Smith (Senior Classroom teacher) - jsmith@smrutherglen.catholic.edu.au

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

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