



# St. Mary's School Newsletter

*Always faithful to God, ourselves and others in the spirit of the Presentation tradition.*

*St. Mary's is committed to Child Safety and the inclusion of all children.*

**Respect Ourselves - Respect Others - Respect our Environment**

**Term 1 - Week 1 - Friday 4 February, 2022**

## IMPORTANT DATES

**Wednesday 9 Feb**

**Foundation Rest Day**  
**Blueearth Sports**

**Wednesday 16 Feb**

**Foundation Rest Day**  
**Sporting Schools -**  
**Gymnastics**

**Friday 18 Feb**

**School Photos**

**More dates**  
**last page of**  
**Newsletter**

## PBIS Expectations: Whole School

Dear Parents/ Carers,

## WE'RE BACK!!!



### Welcome Back:

Welcome back to all families for our 2022 school. We have made a great start and our new Foundations have all settled into the school routine well.

Once again the start to the year has been COVID affected with rapid testing for students and masks for all Yr 3-6 students.

I will keep you up to date with any changes to COVID rules as they occur and as we all know they change almost on a daily basis.

I hope to catch up with all families during the term in more friendly COVID circumstances!!



### Welcome:

This week, as a school community, we officially welcomed Mr. Chris Lamb (Junior teacher), Mrs Emily Morris (Senior teacher) and Ms. Chelsea Smith (Junior teacher aide).

We know that they will all enjoy their time at St. Mary's.

**Phone - 02 6032 9284**

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

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

**75-89 High Street, Rutherglen, Vic, 3685**

**PO Box 146**

**Office Hours - 8.00am - 4.00pm**

## Weekend Mass Times

**Saturday 6pm**

**Chiltern**

**Sunday 9am**

**Rutherglen**

**Sunday 10.30am Wahgunyah**

### Welcome BBQ:

Unfortunately, under the current COVID climate, we will not be able to hold our Welcome Family BBQ, usually held next week. Hopefully we will be able to gather as a school community later in term one.

### School Assembly:

Under the current COVID climate, school assemblies will be for students and staff only at this stage.

These will be held outdoors. Hopefully parents/carers will be able to attend later in the term.



## COVID Management: Important

### 1. A Positive COVID test

Any positive student COVID test result **must be reported to the school.**

Also if a student receives a positive test result at any time, parents/carers must report this through the Department of Health system [Rapid antigen test](#).

### 2. Household Contacts

If a student spends **4 hours** or more inside the home with a positive case they must isolate for 7 days and inform the school.

### School Information Book:

All families will receive a **2022 School Information Book** today which outlines all the day to day bits and pieces of running of the school. Each teaching team will also outline how the school week and year will look in the book. Please keep this handy somewhere in your home.

### iPads: New Rollover

Our school is fortunate that every child in the school has an iPad to support their learning. This week we launched our new rollover out to every very excited student in the school.





## Lunch Orders;

Lunch resumed this week. All orders are to be placed by Wednesday. The process is outlined in the School Information Book. Menu & pricing page 13 of this newsletter.



## LEGO LEGO LEGO

If any family has any lego that is just gathering dust we would love to use it at school!!



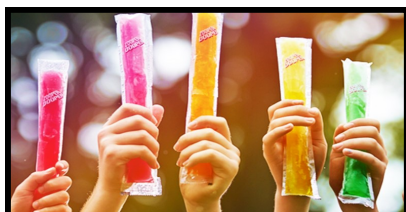
## Ohh! Sandpit!!! We've Missed You!!:



## Frosty Friday

The Yr 6 Catholic Identity Team will be selling Zooper Doopers on Frosty Friday for the rest of the Term One.

Zooper Doopers are 50c.  
All money raised will go to the Missions.



## A letter of thanks from

**The Presentation Sisters** (right)



2/19 Wallen Street  
Brighton East Vic 3187  
Phone 9592 3993  
Mob 0459 1020 23  
Email

fran

31/1/2022

To the Staff and Students of St. Mary's School,

Thank you for your generous cheque of \$204.35 received in December, 2021.

In January, I sent \$1500 to our Sisters in Cebu to help the families who had been affected by the dreadful Typhoon. Our Australian dollars have a significant value in the Philippines.

Blessings for 2022 for each one of you,  
Yours sincerely,

*Sr. F. Hargreaves*

Sr. Frances Hargreaves PBVM



## Congratulations:

A big congratulations to Matt Dwyer and Caitlyn on the birth of their first child Samuel.

As many of you will know Matt was a very respected teacher here at St. Mary's a few years ago.



### Term 1

No hat - No Play

School Bucket hats

available at the front office - only  
\$12 each

Adjustable cord to fit all head sizes.

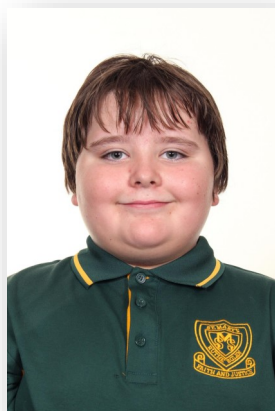
# Happy Birthday

We send our best wishes to  
those students who are celebrating their  
birthdays this week.

Carvyn



Angus



Lachlan





## Congratulations to this week's class room award winners

Back row: Lucas, Jaylen, Codie and Zac

Middle row: Amelia, Heidi, Polly, Harry, Milla and Nelson

Front row: Logan, Indi, Blair, Ollie and Ottis



## 2022 School Fee payment options

Please contact Amanda in the office if you would like to arrange to pay your school fees via Direct Debit or via a Centrepay deduction. 02 6032 9284 or email [aarnot@smrutherglen.catholic.edu.au](mailto:aarnot@smrutherglen.catholic.edu.au)

### **Direct Debit**

This method is perfect for those who would like to make smaller regular payments made against school fees, and for those who get too busy and forget or miss payments. Please contact Amanda for the Direct Debit Form.

### **Centrepay**

If you hold a health care card and/or receive payments from Centrelink, you can set up regular deductions to pay for your school fees. Please contact Amanda for the Centrelink Form.

Please remember, if you are struggling financially, come in and see Matt. A special payment plan can be arranged.

### **Direct Deposit**

This payment method is very popular. Create your own payment plan and set up regular deductions from your bank account into the school's account.

St. Mary's School, Rutherglen

National Australia Bank

BSB 083-543

Account Number 457423775

## PBIS Focus of the Week - Whole school Expectations

Whole School	Respect Ourselves	Respect Others	Respect our Environment
	<p>Wear correct uniform</p> <p>Care for your own belongings</p> <p>Do your best work</p> <p>Listen and participate</p> <p>Be ready to be a learner</p> <p>Respect learning time</p> <p>Label your belongings</p>	<p>Be polite</p> <p>Accept differences</p> <p>Use respectful and inclusive language</p> <p>Speak kindly to others</p> <p>Consider how your actions impact others</p>	<p>Pick up litter</p> <p>Be careful with school property.</p> <p>Respect property and resources</p>

**Congratulations to this week's PBIS Winners**  
**All of Foundation/Grade 1 (Mrs Cheeseman's class)**



*Have a great weekend!*

**Matt**

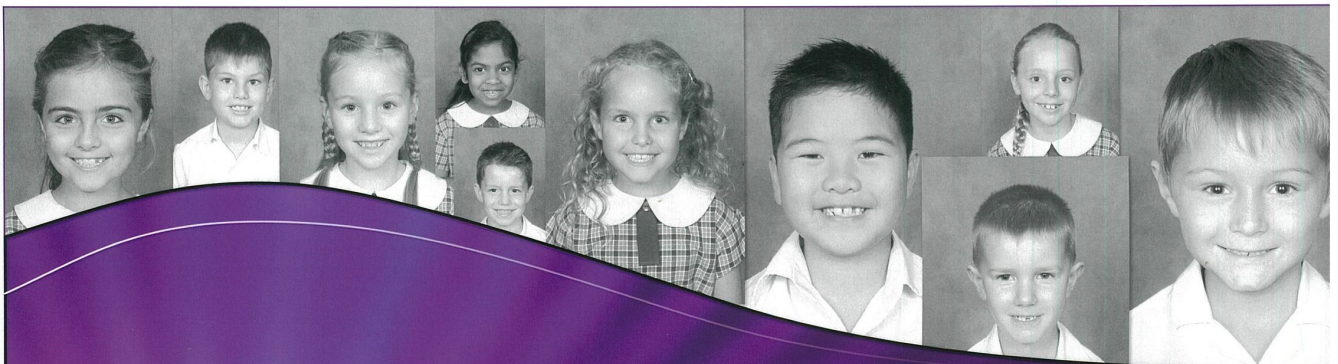




The School  
Photographer

The School Photographer  
will be at our school on  
FRIDAY

1 8 - 0 2 - 2 2



[www.theschoolphotographer.com.au](http://www.theschoolphotographer.com.au)



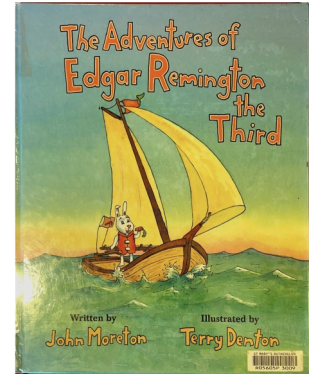
# K/1C

Everyone in K/1C would like to say a big thankyou to our buddies for helping us have such a fantastic start to the year.

They check on us throughout the day, helping us find things to do and people to play with at lunch and recess.

## Boat Challenge....sink or float

We listened to a story about a rabbit and a zebra who tried to get to the other side of the world....



It was really fun when our buddies helped us with our boat making challenge.



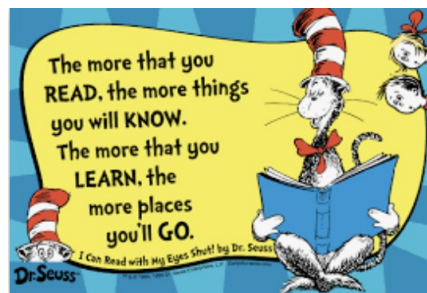


# K/1C

"The role of the teacher is to create the conditions for invention rather than provide ready-made knowledge."

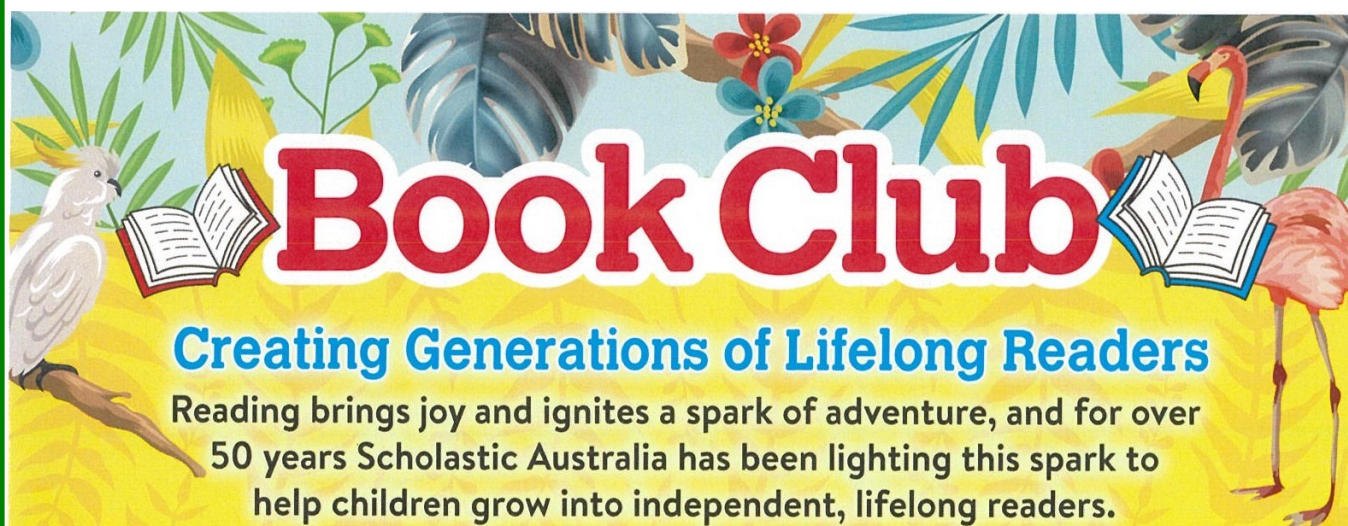


## Buddy Reading





**Issue 1 Orders due by Friday 11th February**



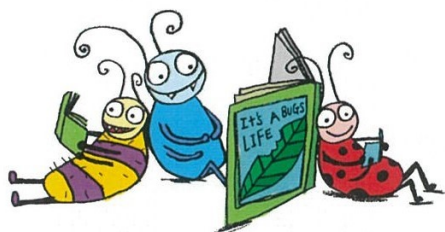
## Creating Generations of Lifelong Readers

Reading brings joy and ignites a spark of adventure, and for over 50 years Scholastic Australia has been lighting this spark to help children grow into independent, lifelong readers.



### Connecting School and Home Reading

With numerous studies finding that reading at home is a key factor in a child's success at school and into their adult life, Book Club provides a fun and easy way of bringing books into your home.



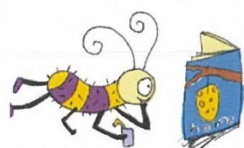
### Discovery and Choice

Each jam-packed issue is carefully curated with age-appropriate titles by children's book experts at Scholastic. The 'right' book is just waiting to be discovered!



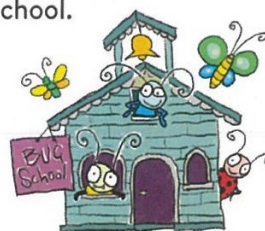
### Quality and Value

Keeping you up-to-date with the best in Australian and International children's books, with choices from as low as \$3! Every child deserves to experience reading for pleasure.



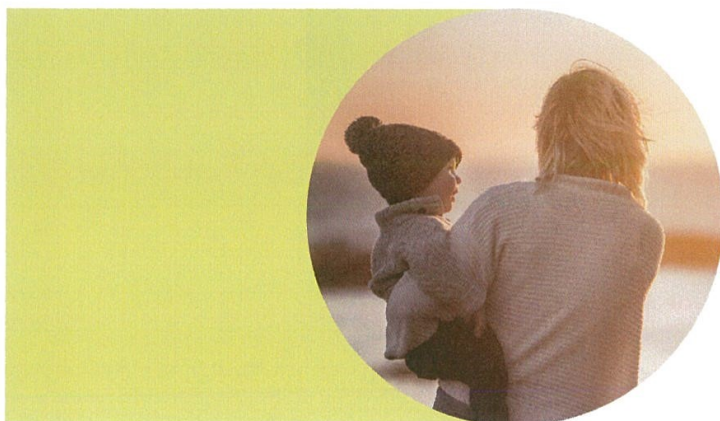
### Giving Back to your School

Every purchase made earns Scholastic Rewards for books and educational resources for your school.



**Visit [scholastic.com.au](http://scholastic.com.au) to learn more about Book Club**





# Positive Parenting Telephone Service

Our free 6 to 10 week program helps you to:

- Have stronger, more positive relationships
- Set rules and limits
- Manage everyday behaviour problems

Our program is for parents, grandparents and carers of children aged 2 to 12 years.

Participants complete a workbook and are supported by weekly 30 minute phone calls with a trained parenting educator.

All of this can be done from the comfort of your own home at a time that suits you.

 **1800 880 660**

This is a **FREE** service, and enrolments are taken all year round. Call us for more information or to enrol.

# Parenting Programs Term 1 2022

Program	Location / Venue	Day	Date	Time	Registrations
WODONGA					
Tuning in to Kids emotionally intelligent parenting (2-10 years)	Gateway Health 155 High Street Training Room (G10)	Fridays	4 <sup>th</sup> March to 1 <sup>st</sup> April	9.30am – 11.30am	Intake Team Wodonga (02) 6022 8888
Tuning in to Teens Emotionally intelligent parenting (10+ years)	Gateway Health 155 High Street Training Room (G10)	Mondays	21 <sup>st</sup> February to 4 <sup>th</sup> April	6pm - 8pm	
Mother Goose (0-2 years)	Hyphen—Wodonga Library 124 Hovell St	Wednesdays	9 <sup>th</sup> February to 6 <sup>th</sup> April	10:30am -11:30am	
Triple P – Positive Parenting Program (2-12 years)	Gateway Health 155 High Street Training Room (G10)	Wednesdays	16 <sup>th</sup> February to 16 <sup>th</sup> March	6.30pm – 8.30pm	
Parenting Trans and Gender Diverse Kids and Teens	Gateway Health 155 High Street Training Room (G10)	Tuesdays	8 <sup>th</sup> February to 29 <sup>th</sup> March	10am – 12pm	
WANGARATTA					
Tuning in to Kids emotionally intelligent parenting (2-10 years)	Gateway Health 45-47 Mackay St Multipurpose Room	Wednesdays	2nd March to 30 <sup>th</sup> March	9.30am—11.30am	Jane 0429 984 203
TALLANGATTA					
Mother Goose (0-2 years)	Tallangatta	Thursdays	2 <sup>nd</sup> February to 7 <sup>th</sup> April	10.30am – 11.30am	Paula 0447 310 679



## Term 1

### 2 Hour Parenting Information Sessions

<p><b>The Power of Positive Parenting</b> (From the Triple P International)</p> <p><i>For parents/carers of children aged between 2-12 years</i></p> <p>This 2-hour information session aims to provide information on</p> <ul style="list-style-type: none"> <li>• Building strong relationships with children</li> <li>• Good communication</li> <li>• Teaching children new skills</li> <li>• Predictable routines</li> <li>• Focusing on the positive's</li> <li>• Positive environment</li> <li>• Expectations of children</li> <li>• Balancing family life</li> </ul>	<p><b>Adolescent Parenting</b></p> <p><i>For parents and carers of children aged between 12–18 years</i></p> <p>This 2-hour information session aims to provide information on</p> <ul style="list-style-type: none"> <li>• Development of teenager's and it's impacts and challenges</li> <li>• How we can support your teenager's emotions and build resilience.</li> <li>• Connecting with your teenager</li> <li>• Helping to problem solve</li> <li>• Family values.</li> </ul>	<p><b>Raising Resilient Children</b> (From the Triple P International)</p> <p><i>For parents/carers of children aged between 2-12 years</i></p> <p>This 2-hour information session aims to provide information on</p> <ul style="list-style-type: none"> <li>• Recognising and accepting feelings</li> <li>• Expression of feelings</li> <li>• Building a positive outlook</li> <li>• Developing coping skills</li> <li>• Dealing with negative feelings</li> <li>• Stressful life events</li> </ul>	<p><b>'Hanging in there' Supporting our Children through Covid 19</b></p> <p><i>For parents/carers of primary school aged children</i></p> <p>This 2-hour information session aims to provide information on</p> <ul style="list-style-type: none"> <li>• How my child is feeling</li> <li>• Impacts on parents/carers</li> <li>• Challenges facing parents</li> <li>• What we can do to help and support your children</li> <li>• Building Resilience</li> <li>• Problem solving</li> <li>• How we can be emotionally available</li> </ul>	<p><b>'Hanging in there' Supporting our Children through Covid 19</b></p> <p><i>For parents/carers of secondary school aged children</i></p> <p>This 2-hour information session aims to provide information on</p> <ul style="list-style-type: none"> <li>• How my teen is feeling</li> <li>• Impacts on parents/carers</li> <li>• Challenges facing parents</li> <li>• What we can do to help and support your teen</li> <li>• Building Resilience</li> <li>• Problem solving</li> <li>• How we can be emotionally available</li> </ul>
<p><b>Wednesday 9<sup>th</sup> February</b> 1pm - 3 pm Gateway Health Wodonga G10 Training Room</p>	<p><b>Tuesday 15<sup>th</sup> February</b> 6.30pm - 8.30pm Gateway Health Wodonga G10 Training Room</p>	<p><b>Friday 18<sup>th</sup> February</b> 9.30am to 11.30am Gateway Health Wodonga G10 Training Room</p>	<p><b>Tuesday 8<sup>th</sup> March</b> 12.30pm - 2.30pm Gateway Health Wodonga G10 Training Room</p>	<p><b>Tuesday 22<sup>nd</sup> March</b> 7pm - 9pm Via Zoom</p>

**Bookings are essential**

Contact Andrea at Gateway Health on 0457 279 769 to book your place.



2 Hour Information Sessions			Group Program
<b>Emotion Coaching Connecting with your kids</b> <i>(Based on the Tuning in Kids Program)</i> <i>For parents/carers of children aged between 2-10 years</i> This session aims to provide information on <ul style="list-style-type: none"> <li>• Emotional intelligence and why it's important</li> <li>• Looking at children's brain development</li> <li>• Tuning into your children's emotions to help manage behavior</li> <li>• Learn about 'emotion coaching' – helping children to understand and regulate their emotions</li> <li>• Looking at the different styles of parenting</li> </ul>	<b>Adolescent Parenting</b> <i>For parents/carers of children aged between 12-18 years</i> This session aims to provide information on <ul style="list-style-type: none"> <li>• Adolescent development and its impacts</li> <li>• Challenges facing adolescents &amp; parents/carers</li> <li>• Understanding our child's emotions &amp; help to regulate</li> <li>• Building resilience</li> <li>• Connecting with your teenager</li> <li>• Problem solving</li> <li>• Family Values</li> </ul>	<b>Tuning into Kids</b> <i>For parents/carers of children aged between 2-10 years</i> This 5-week parenting program aims to support families to <ul style="list-style-type: none"> <li>• Be more aware of your child's emotions</li> <li>• Develop and understand your child's emotions</li> <li>• How to support learning and regulate emotions</li> <li>• Learn through children's emotional experiences to connect, teach and problem solve</li> </ul>	Come along to Gateway Health on <b>Wednesdays from 2<sup>nd</sup> to 29<sup>th</sup> March 2022</b> from 9.30am – 11.30am each week <i>Bookings are Essential</i>  <b>To enroll please contact Jane</b> <b>at Gateway Health on 0429 984 203</b>
Come along to Gateway Health on <b>Wednesday 16<sup>th</sup> February 2022</b> from 12.30pm – 2.30pm <i>Bookings are Essential</i>  <b>To enroll contact Andrea at Gateway Health on</b> <b>0457 279 796</b>	Presented by Gateway Health on <b>Tuesday 22<sup>nd</sup> February 2022</b> from 7pm – 9pm via Zoom <i>Bookings are Essential</i>  <b>To enroll contact Andrea at Gateway Health on</b> <b>0457 279 796</b>		





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

## **Tuckshop Price List 2022**

### **Silver Key Café**

**Tuckshop day is – FRIDAY**

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

#### **FRUIT**

- Fresh Fruit Salad \$4.50

#### **PASTRIES & HOT FOOD**

- Large Plain Steak Pie \$4.50
- Party Pie \$2.00
- Large Sausage Roll \$3.50
- Party Sausage Roll \$2.00
- Chicken Strips \$1.00 ea
- Chicken Nuggets \$1.00 ea
- Chicken Strip Roll with Lettuce & Mayo \$5.00

#### **SANDWICHES/ROLLS**

- Vegemite/Cheese or Honey \$2.50
- Egg & Lettuce \$4.50
- Ham \$4.00
- Ham & Cheese \$4.50
- Ham, Cheese & Tomato \$4.80
- Ham, Cheese & Pineapple \$4.80
- Chicken \$4.50
- Chicken, Lettuce & Mayo \$4.80
- Chicken & Cheese \$4.80
- Ham Salad Roll \$6.00
- Chicken Salad Roll \$6.00

#### **DRINKS**

- Water \$3.00
- Nippy Milk Chocolate/Strawberry \$3.00
- Nippy Orange Juice \$4.00
- Kiewa Chocolate Milk (500ml) \$4.00

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

1. Write your child's full name and class (e.g. F/1) 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.

# Important Calendar Dates - 2022

## Term 1

Wednesday 9 February	Foundation Rest Day Bluearth Sports
Wednesday 16 February	Foundation Rest Day Sporting Schools - Gymnastics
Friday 18 February	School Photos
Monday 21 February	Swimming Program
Tuesday 22 February	Swimming Program
Wednesday 23 February	Swimming Program Foundation Rest Day
Thursday 24 February	Swimming Program
Friday 25 February	Swim Carnival
Tuesday 1 March	Shrove Tuesday
Wednesday 2 March	Ash Wednesday Sporting Schools - Gymnastics
Wednesday 9 March	Bluearth Sports
Monday 14 March	Labour Day Public Holiday - No School
Wednesday 16 March	Sporting Schools - Gymnastics
Wednesday 23 March	Bluearth Sports
Friday 8 April	Last Day Term 1 for Students (Casual Clothes Day - gold coin donation) 2.30pm finish
Friday 15 April	Good Friday

## Term 2

Tuesday 26 April	1st day Term 2
Monday 13 June	Queen's Birthday Holiday
Friday 24 June	Last Day Term 2 for Students (Casual Clothes Day - gold coin donation) 2.30pm finish

### Staff email addresses

Matt Attwater (Principal) - [mattwater@smrutherglen.catholic.edu.au](mailto:mattwater@smrutherglen.catholic.edu.au)  
Libby Dickinson (Senior Classroom teacher) - [edickinson@smrutherglen.catholic.edu.au](mailto:edickinson@smrutherglen.catholic.edu.au)  
Taylor Dickinson (Senior Classroom teacher) - [tdickinson@smrutherglen.catholic.edu.au](mailto:tdickinson@smrutherglen.catholic.edu.au)  
Chris Lamb (Junior Classroom teacher) - [clamb@smrutherglen.catholic.edu.au](mailto:clamb@smrutherglen.catholic.edu.au)  
Emily Morris (Senior Classroom teacher) - [emorris@smrutherglen.catholic.edu.au](mailto:emorris@smrutherglen.catholic.edu.au) (Wednesday)  
Jodie Smith (Senior Classroom teacher) - [jsmith@smrutherglen.catholic.edu.au](mailto:jsmith@smrutherglen.catholic.edu.au)  
Bert Cheeseman (Junior Classroom teacher) - [bcheeseman@smrutherglen.catholic.edu.au](mailto:bcheeseman@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/Senior Teacher) - [jvanzanten@smrutherglen.catholic.edu.au](mailto:jvanzanten@smrutherglen.catholic.edu.au) (Tuesday/Friday)  
Gina Nero (Italian teacher) - [gnero@smrutherglen.catholic.edu.au](mailto:gnero@smrutherglen.catholic.edu.au) (Tuesday)  
Amanda Arnot (Administration Officer) - [aarnot@smrutherglen.catholic.edu.au](mailto:aarnot@smrutherglen.catholic.edu.au)