



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 7 - Friday 11 March, 2022



IMPORTANT DATES

Monday 14 March

Labour Day Public
Holiday

No School

Wednesday 16 March

Sporting Schools
Gymnastics

Friday 18 March

World's Greatest
Shave

Monday 21 March

School Breakfast from
7.30am

PBIS Expectations: On the Crossing

This Sunday is the 2nd week of LENT

Dear Parents/ Carers,

During this **Lenten** period we will follow CARITAS stories.

The theme of Project Compassion 2022 is '**For All Future Generations**' and reminds us that the good that we do today will extend and impact the lives of generations to come. The money our Student Catholic Identity Team raises during the year is forwarded to CARITAS Australia.



Caritas
AUSTRALIA

Second Week of Lent

(Week beginning Monday 14th March)

This week through Project Compassion we learn about Biru who lives in a rural village in India's east. He lost mobility in one of his legs, after contracting polio as a child. Biru worked as a shepherd, looking after other people's cattle, to support his wife and four daughters. Keeping up with the cattle was a challenge.

Biru taught himself how to repair bicycles by watching other people, but he never dreamed of using those skills to start his own business. With your generous support, Biru was able to access an entrepreneurship and livelihoods training program, run by Caritas Australia's partner, Caritas India. He gained the support and skills he needed to start his own bicycle repair business. Now, Biru earns enough money to support his family.

Watch a short film about Biru's story [here](#).

Please support Project Compassion: lent.caritas.org.au



Photo: Sameer Bara
Caritas Australia



Good Response: 2022 Fundraising and Social Event Calendar.

We have had a very good response so far from families putting up their hands for our 2022 Fundraising and Social Event calendar. A reminder that the calendar provides each family with an **opportunity** to help out with an activity or event at some stage during the year. Helping out to make these events successful sends a powerful message to your child/ren that you are connected to our school community in a positive way. Please read the calendar carefully and add your name to where you would like to help out. **Could you return your filled out calendar to school ASAP.**

Wood Raffle: Thank you to the Ellery family who have already offered to donate a trailer of wood for the Wood Raffle in Term 2.

Phone - 02 6032 9284

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

Email - 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

School Breakfast: Monday 21st March from 7.30 am;

I hope to see lots of families at the school breakfast on Monday 21st of March. This is the first 'real' opportunity we have had to get together as a school community due to COVID restrictions. Breakfast will be available from 7.30am onwards. The school will provide cereal, toast and tea & coffee. *(if you're lucky you might get a taste of my famous bircher muesli!)* High school family members, toddlers & grandparents are all welcome. So don't disappear at school drop off, hang around and have a bite to eat with a cuppa and a chat! For catering purposes could you please fill in and return the form being sent home today, as soon as possible.



The Easing of COVID Restrictions Means:

School Pick-up:

Now that restrictions have been eased you are welcome to sit in the school grounds again around dismissal time and have a chat while waiting for your child to be dismissed. **(Remember you need to be double vaccinated).** Staff will still escort students to the car park as well if you find that more convenient.

School Assembly:

Remember parents and visitors are welcome back to our school weekly assembly on Friday's at 9.10 am. All assemblies will be held outside in the under cover area for the remainder of this term. **(A reminder that all parents and visitors have to be double vaccinated to be on school grounds.)**

Sunday Morning Working Bee & BBQ April 3rd.

There will be a working bee on this day to clean up our veggie garden area that has gotten out of hand over the summer.

More details and jobs required to be done in upcoming newsletters.



Head Lice:

We have had some cases of Head Lice reported this week. Could all families be vigilant and regularly check your child's hair? Below is an extract from the Victorian Department of Education Head Lice policy for schools:

Healthy physical environment

Head lice do not live or breed on furniture, carpets, clothes or soft toys and cannot be spread through sharing items of clothing, for example, hats.

However, it is best practice for schools to:

- *encourage parents to tie their child's hair back if it is long; and*
- *implement learning activities that minimise head-to-head contact during head lice outbreak*

Please read the treatment process on the next couple of pages

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.

Testing resistance

Head lice products belong in one of the following categories depending on the active compound they contain:

- pyrethrins
- synthetic pyrethroids (permethrin, bioallethrin)
- organophosphates (maldison or malathion)
- herbal with or without natural (non-chemical) pyrethrins.

Insecticide resistance is common, so you should test if lice are dead. If they are, treat again in seven days using the same product. If the lice are not dead, the treatment has not worked and the lice may be resistant to the product and all products containing the same active compound. Wash off the product and treat as soon as possible using a product containing a different active compound. If the insecticide has worked, the lice will be dead within 20 minutes.

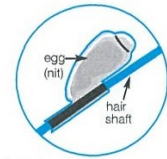
Any head lice product could cause a reaction and should be used with care by women who are pregnant or breastfeeding, children less than 12 months old and people with allergies, asthma or open wounds on the scalp. If you are unsure, please check with your pharmacist or doctor.

Head lice combs

Combs with long, rounded stainless steel teeth positioned very close together have been shown to be the most effective, however, any head lice comb can be used.

Head lice eggs

Head lice eggs are small (the size of a pinhead) and oval. A live egg will 'pop' when squashed between fingernails.



Dead eggs have crumpled sides and hatched eggs look like tiny boiled eggs with their tops cut off.

Regulations

According to the Public Health and Wellbeing Regulations 2009, children with head lice can be readmitted to school or children's service centres after treatment has commenced.

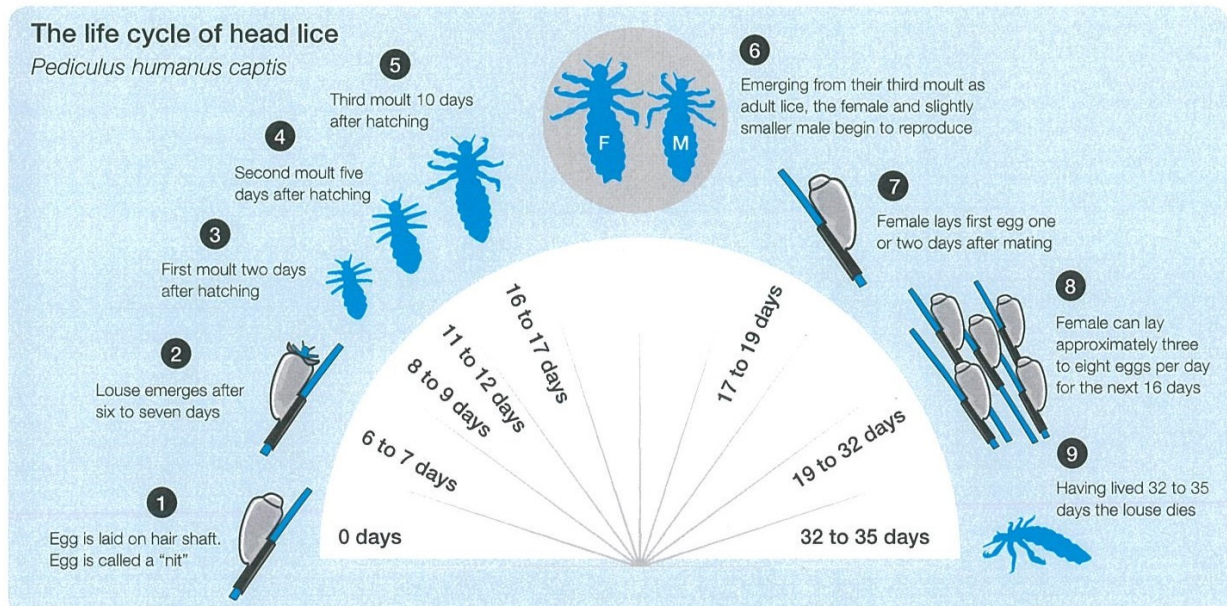
The department recommends a child with head lice can be treated one evening and return to school or children's service centres the next day, even if there are still some eggs present. There is no need to miss school or child care because of head lice.

Preventing head lice

Check your child's head regularly with comb and conditioner. There is no research to prove that chemical or herbal therapies can prevent head lice.

Further information

The following website offers further information:
www.health.vic.gov.au/headlice



The information in this pamphlet is based on the research conducted and written by Associate Professor Rick Speare and the team of researchers at, School of Public Health and Tropical Medicine, James Cook University.

Cover concept by students from St Patrick's Primary School, West Geelong. Life cycle diagram courtesy of Nitpickers Qld.
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2022 May Baring Trophy

Again, congratulations to Holly, pictured right, winner of the 2022 May Baring Trophy.

Holly has been presented with her own trophy to take home and keep.

Rutherglen United CC

Congratulations to Henry, pictured below with his trophy and medal received for winning the Rutherglen United CC 2021/2022 Under 12s all rounder award.



**WORLD'S
GREATEST
SHAVE**



The World's Greatest Shave: 18/03/22

Lucas has signed up to be part of the World's Biggest Shave next Friday to raise money for the Leukemia Foundation.

The shave will take place in the undercover area of the school at 10.30 am.

I'm assured the shave won't be as drastic as mine!!!!!!

Below is the link to Lucas's page.

Hopefully you can jump on to support the Foundation.

<http://my.leukaemiafoundation.org.au/lucaszani1>

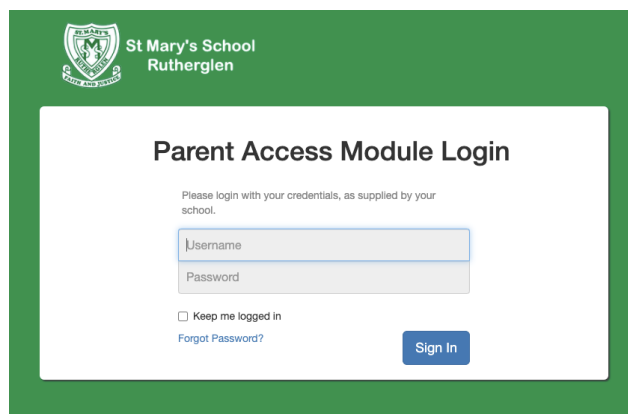
COVID Management: Important

If your child returns a positive result, your child has COVID-19, you must:

Quarantine	<ul style="list-style-type: none">• Quarantine your child for seven days• Everyone in your household is a close contact and must isolate for 7 days.• Your child must stay home until their symptoms have resolved and they are well• A negative test is not required to return to school following completion of 7 days of isolation• Students who have recovered from COVID-19 do not need to participate in surveillance testing for 30 days after their isolation period has ended.
Notification	<p>Contact the school office on 0260329284 or email Matt Attwater (principal@smrutherglen.catholic.edu.au) on the same day of the positive test.</p> <p>You must also report your child's positive test to the Department of Health via the <u>COVID-19 Positive Rapid Antigen Test Self-Reporting Form</u> or call the hotline on 1800 675 398.</p>

Reminder: Use PAM for Daily Absences

Just a reminder if your child is going to be absent on any school day please use **PAM (Parent Access Module)** to notify the school as the notification will go directly into the class teacher's morning roll. There is a **PAM TAB** on the school Website. If you are unsure on how to use **PAM** please contact myself or Amanda.



Lunch Orders;

Lunch orders are to be placed by Wednesday.

The process is outlined in the School Information Book.

LEGO LEGO LEGO

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



Art and Craft

3/4 have finished creating their chosen living thing (animal or plant) to link with their inquiry unit.
Have a look at their sculptures



Congratulations to this week's class room award winners

Back row: Isabel, Callan and Cody

Front row: Holly, Colton, Milla, Luca, Zoe and Elijah



Easter Raffle:


Could all families please start sending in some Easter eggs & Easter themed gifts for our Easter Raffle to be drawn in the last week of this term. The more donations we receive the more Easter hampers we can make up as prizes. Easter raffle tickets will be sent home on Tuesday for all families to sell.



Good Balancing at Bluearth this Week



PBIS Focus of the Week - Expectations at the school crossing

Using the school crossing	Respect Ourselves	Respect Others	Respect our Environment
	<p>Listen for instructions</p> <p>Walk across the crossing calmly</p> <p>Walk your bike calmly across the crossing</p>	<p>Wait at the bins for the teacher.</p> <p>Remind adults, who are picking you up, that you must use the crossing.</p>	<p>Watch for traffic on the road and wait until it is clear.</p> <p>Walk straight across the crossing and move onto the footpath</p>

Congratulations to this week's PBIS Winners

Back row

**Oliver
&
Jed**

Front row

**Maddie
Polly
Amelia
&
Zoe**



Have a great weekend!

Matt



JOIN US

INDIGO SHIRE LIBRARIES INVITES YOU TO A
PERFORMANCE BY LITTLE WINGS PUPPETS FOR A
LIVELY, FUNNY, INTERACTIVE SOLO PUPPET SHOW,
BASED ON THE TALE OF PINOCCHIO.



**TRINKET
THE ROBOT
LIVE**

Rutherglen Memorial Hall
April 14 12 PM
Ages 3 plus

BOOKINGS ESSENTIAL. VISIT WWW.INDIGOSHIRE.VIC.GOV.AU FOR BOOKINGS AND MORE INFORMATION





GRADES 4, 5 & 6 INTRODUCTION TO RUTHERGLEN HIGH SCHOOL WEDNESDAY 23RD MARCH

WE INVITE PARENTS AND STUDENTS OF GRADES 4, 5 & 6
TO AN EVENT LIKE NO OTHER!

A CHANCE TO VISIT A SCHOOL WHICH OFFERS SMALL CLASSES, GREAT PROGRAMS,
OUTSTANDING ACADEMIC ACHIEVEMENT AND IS YOUR LOCAL HIGH SCHOOL.

SOME OF OUR RECENT ACHIEVEMENTS INCLUDE:

VCE PREMIERS AWARD WINNER: AGRICULTURAL AND HORTICULTURAL STUDIES 2018

VCE PREMIERS AWARD WINNER: VISUAL COMMUNICATION AND DESIGN 2020

DUX ATAR SCORE OF 98.15 IN 2021

Two tours of the School are available on Wednesday 23rd March

Option 1: Session commencing at 4.00 pm, with coffee and cake/slice available at the end of the tour.

Option 2: Session commencing at 6.30pm, with BBQ food available at the end of the tour

COME ALONG TO SEE WHAT A
SMALL SCHOOL WITH FANTASTIC
FACILITIES AND GREAT STAFF
AND STUDENTS FEELS LIKE.

KEEP UP TO DATE WITH EVENTS @
RUTHERGLEN HIGH SCHOOL :

Website - www.rutherglenhs.vic.edu.au

Instagram - @rutherglenhighschool

Facebook - Rutherglen High School

COME AND VISIT RUTHERGLEN HIGH SCHOOL
AND SEE HOW WE DO EDUCATION @ RHS

Important Calendar Dates - 2022

Term 1

Monday 14 March	Labour Day Public Holiday - No School
Wednesday 16 March	Sporting Schools - Gymnastics
Friday 18 March	World's Greatest Shave
Monday 21 March	School Breakfast from 7.30am
Wednesday 23 March	Bluearth Sports
Tuesday 29 March	Parent/Teacher interviews
Sunday 3 April	End Daylight Savings
	Parents and Friends Working Bee & BBQ
Thursday 7 April	Easter Hamper Raffle draw
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

Monday 25 April	Anzac Day
Tuesday 26 April	1st day Term 2
Friday 20 May	School Closure Day (Staff Professional Development)
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

Term 3

Monday 11 July	1st day Term 3
Tuesday 19 July	Meerkat Productions (Incursion TBC)
Friday 16 September	Last Day Term 3 for Students
	(Casual Clothes Day - gold coin donation) 2.30pm finish

Staff email addresses

Matt Attwater (Principal) - mattwater@smrutherglen.catholic.edu.au
Libby Dickinson (Senior Classroom teacher) - edickinson@smrutherglen.catholic.edu.au
Taylor Dickinson (Senior Classroom teacher) - tdickinson@smrutherglen.catholic.edu.au
Chris Lamb (Junior Classroom teacher) - clamb@smrutherglen.catholic.edu.au
Emily Morris (Senior Classroom teacher) - emorris@smrutherglen.catholic.edu.au (Wednesday)
Jodie Smith (Senior Classroom teacher) - jsmith@smrutherglen.catholic.edu.au
Bert Cheeseman (Junior Classroom teacher) - bcheeseman@smrutherglen.catholic.edu.au
Nicole O'Mahony (Learning Diversity Leader) - nomahony@smrutherglen.catholic.edu.au
Jane van Zanten (Art/Senior Teacher) - jvanzanten@smrutherglen.catholic.edu.au (Tuesday/Friday)
Gina Nero (Italian teacher) - gnero@smrutherglen.catholic.edu.au (Tuesday)
Amanda Arnot (Administration Officer) - aarnot@smrutherglen.catholic.edu.au