



# St. Mary's School Newsletter



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

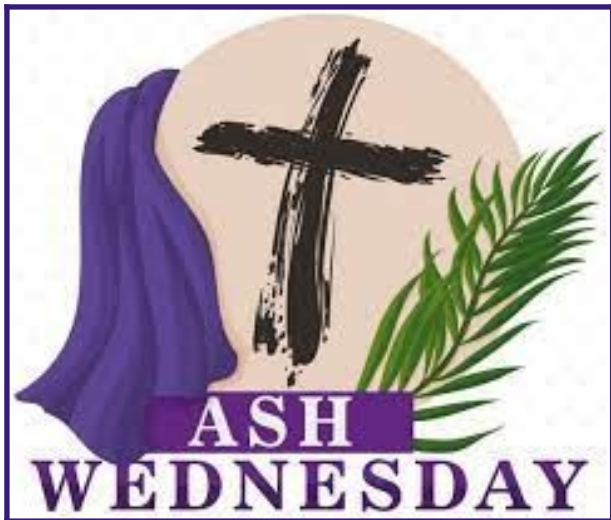
*St. Mary's is committed to Child Safety and the inclusion of all children.*

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

**Term 1 - Week 3 - Friday 17 February, 2023**

**PBIS Expectations: Expectations in the Playground**

## ASH WEDNESDAY - THE BEGINNING of LENT



Our School Prayer  
Loving God,  
We pray for peace and harmony  
in our school, community and world.  
Help us to make St Mary's School  
a place where we all feel  
welcomed, respected and valued.  
May our school be a  
safe and happy community  
where we strive to reach our goals.  
Help us to always Respect Ourselves,  
Respect Others and Respect our Environment.  
Amen

## Ash Wednesday

Next Wednesday is Ash Wednesday. Ash Wednesday marks the beginning of the **Season of Lent**. It is a season of **penance, alms giving, reflection, and fasting** which prepares us for the death of Jesus on Good Friday & for Christ's Resurrection on Easter Sunday.

It is important to remember that **Ash Wednesday** is a day of prayer and fasting. On Ash Wednesday our foreheads are marked with ashes to humble our hearts and remind us that life passes away on Earth. We remember this when we are told:

***"Remember, Man is dust, and unto dust you shall return."***

***There will be a whole school Ash Wednesday mass at 10.00am in the church. All families are welcome and encouraged to attend.***

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

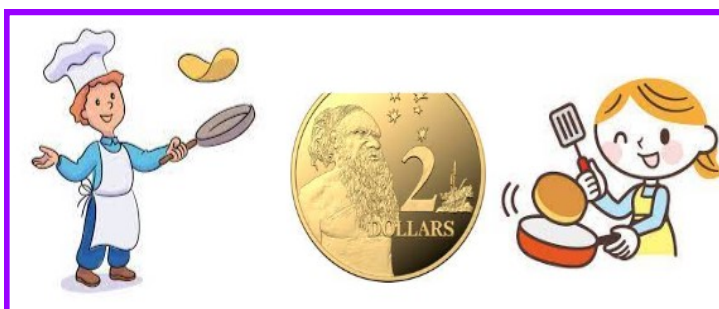
## Next Tuesday Shrove Tuesday (Pancake Tuesday):

Shrove Tuesday is a day of celebration as well as penitence, because it's the last day before Lent. Lent is a time of abstinence, of giving things up. So Shrove Tuesday is the last chance to indulge yourself, and to use up the foods that aren't allowed in Lent. Giving up foods: but not wasting them. In the old days there were many foods that observant Christians would not eat during Lent: foods such as meat and fish, fats, eggs, and milky foods. So that no food was wasted, families would have a feast on Shrove Tuesday, and eat up all the foods that wouldn't last the forty days of Lent without going off. Traditionally lots of sweet and savoury pancakes are made on Shrove Tuesday.



### Pancake Tuesday: GOLD Coin Donation

All classes will be making and enjoying pancakes next Tuesday with their teachers and classmates. Could all students bring in a **gold coin** donation for their pancakes. Their donation will go to the missions.



### School Closure Day: This Monday 20th February

There is a school closure **day on Monday 20th Feb.** All staff will part of professional development day focus on student data to improve learning outcomes.

#### 2023 school closure Days:

- |               |  |
|---------------|--|
| 1. 20th Feb   | Student Data Focus                           |
| 2. 31st March | Staff attending Maths Conference (Melbourne) |
| 3. 26th May   | STEM Focus                                   |
| 4. Nov 6th    | Report Writing Day                           |

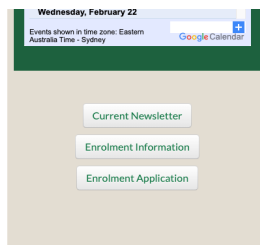
### School Information Book 2023:

Last Friday all families received the **2023 School Information Book**. The book outlines all the day-to-day runnings of the school. Please read the book and keep it in a safe place. ***If you have not seen the book yet please check your child's bag.***

# Reminders

## Assembly & Newsletter Changes

There has been a change in Assembly times this year. Starting last Thursday **School Assembly** will be on **Thursday afternoons at 3pm** on a fortnightly basis. All families are welcome so get to school pickup a little earlier every 2nd Thursday and join us at assembly.



The school newsletter is now going back to a weekly newsletter that will be **released every Friday at 2pm**. The newsletter will be available to view or download on **PAM** and on our school website found in the **Current Newsletter tab** on the front of the school website.

## Photo Permissions

Each child was given a Photograph Recording Permission Form to take home yesterday. Please ensure you sign and return them by Friday, February 24.

## District Swimming:

Well done to our swimmers who all performed well last week at the district competition held at Beechworth last Friday.



Matilda 1st , Freya 2nd, Sienna 3rd - Breaststroke



Matilda 1st - Freestyle & Butterfly



Jackson 1st - Butterfly



Matilda, Zoe, Clementine, Isabell -  
2nd Girls Relay



Freya, Jackson, Ryan & Harper - 2nd Mixed Relay





We send our best wishes to  
all who are celebrating their birthdays this  
week!



Cody



Natasha



Hunter

Well done to this week's Award Winners:



Tenley, James, Axel, Charlotte, Heidi, Charlee,



Ava, Eli



Attending the Early Years =  
Greater chance of success


- establishes positive habits
- builds positive relationships
- maximises opportunities to learn
- supports problem solving skills



**Frosty Friday Term 1 & 4:**

Every Friday our **Senior Catholic Identity Team** will be selling frozen Zooper Doopers for 50c. The money raised goes to support our sponsor child in the Philippines and to CARITAS.

# PBIS: Expectations in Our Learning Spaces

Classrooms and Learning spaces	Respect Ourselves	Respect Others	Respect our Environment
	<p>Listen to the person Speaking</p> <p>Do your best work</p> <p>Have a go at new Things</p> <p>Listen and follow Instructions</p> <p>Be organised</p> <p>Join in and participate</p> <p>Be in correct uniform</p> <p>Be organised</p> <p>Enter and exit rooms calmly and correctly</p> <p>Exiting people go first</p>	<p>Listen to the person speaking</p> <p>Encourage others</p> <p>Be inclusive of others</p> <p>Offer help to others</p> <p>Take turns</p> <p>Share equipment</p> <p>Don't sit in front of them</p> <p>Be kind to others</p> <p>Be patient with others</p> <p>Value differences</p> <p>Respect people's personal Space</p> <p>Walk</p> <p>Use your 'inside voice'</p>	<p>Clean up your workspace when you've finished</p> <p>Use resources correctly</p> <p>Put rubbish into the correct bins</p> <p>Use equipment for the correct purpose</p>

## Well done to this week's PBIS winners:



Polly, Tenley, Callan, Amelia

Have a great weekend

Matt





## We Are a Respectful Community

At St. Mary's we pride ourselves in promoting and being a **Respectful Community**.

It is important that all school stakeholders, staff, children and parents/carers work continually together and build positive respectful relationships in our community.

## Respectful school communities start with respectful behaviour

Parents, carers, staff and students can help keep our school community safe, supportive and respectful.

Good relationships are based on:



Open and honest communication



Trust and respect



Working together



Fair and reasonable expectations by all

These behaviours are **not** okay in our school community:

- Threats
- Violence
- Rudeness
- Harassment
- Discriminatory and derogatory comments
- Aggression
- Intimidation
- Threatening gestures

This includes in-person, over-the-phone, email, text message, social media and online.

For more information ask your school about the **Respectful Behaviours within the School Community Policy**.



25-088

RUTHERGLEN KYOKUSHIN

## KARATE CLASSES

ALL AGES WELCOME  
FUN. FITNESS. DISCIPLINE

FIRST TWO CLASSES FREE

SATURDAY MORNINGS 9AM  
MASONIC LODGE HALL  
154 HIGH STREET

FOR MORE INFORMATION CONTACT  
NATASHA BLACK: 0400 171 221



RUTHERGLEN KYOKUSHIN KARATE



# 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.

### 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 (malathion 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

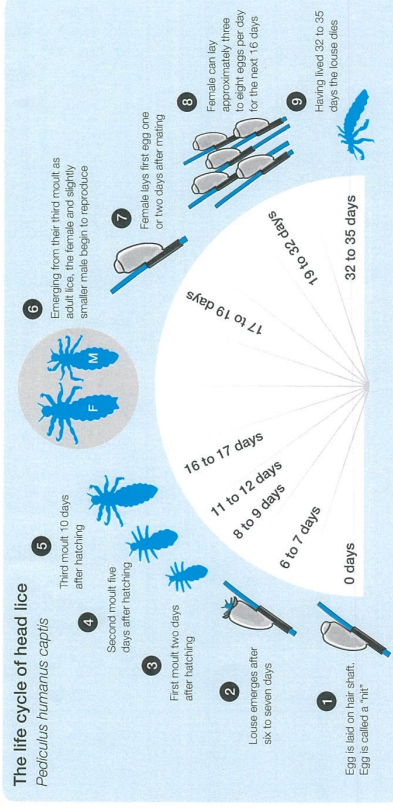
Check your child's head regularly with comb and conditioner. There is no research to prove that chemical or herbal therapies can prevent head lice.

### Further information

The following website offers further information:  
[www.health.vic.gov.au/headlice](http://www.health.vic.gov.au/headlice)

### The life cycle of head lice

*Pediculus humanus capitis*



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

Treating and controlling head lice

Cover concept by students from St Patrick's Primary School, West Geelong. Life cycle diagram courtesy of Nippkens Old, © Copyright Department of Health 2010. Authorised by the State Government of Victoria, 50 Lonsdale Street, Melbourne, November 2010. PH468. (10/10013)



# Important Calendar Dates - 2023

## Term 1

Wednesday 15 February	Foundation Rest Day
Friday 17 February	School Photos
Monday 20 February	Student Free Day—Staff PD
Tuesday 21 February	Swimming Program - Rutherglen Pool
Wednesday 22 February	Swimming Program - Rutherglen Pool
	Foundation Rest Day
Thursday 23 February	Swimming Program - Rutherglen Pool
Monday 27 February	Swim Carnival - Rutherglen Pool
Monday 13 March	Labour Day Public Holiday
Friday 24 March	Reconciliation Grade 3
Friday 31 March	Student Free Day—Staff PD
Thursday 6 April	Last Day Term 1 for Students
	(Casual Clothes Day - Gold coin donation) 2.30pm finish

## Term 2

Monday 24 April	First Day - Term 2
Friday 23 June	Last Day Term 2 for Students
	(Casual Clothes Day - Gold coin donation) 2.30pm finish

## Term 3

Monday 10 July	First Day - Term 3
Tuesday 5 September	Grade 3/4 Borambola Camp
Wednesday 6 September	Grade 3/4 Borambola Camp
Friday 15 September	Last Day Term 2 for Students
	(Casual Clothes Day - Gold coin donation) 2.30pm finish

## Term 4

Wed-Thursday 1-3 November	Grade 5/6 Canberra Camp
---------------------------	-------------------------

### Staff email addresses

Matt Attwater (Principal) - [mattwater@smrutherglen.catholic.edu.au](mailto:mattwater@smrutherglen.catholic.edu.au)  
Libby Dickinson (Gr 5/6 teacher) - [edickinson@smrutherglen.catholic.edu.au](mailto:edickinson@smrutherglen.catholic.edu.au)  
Michael Ratcliffe (Grade 4 teacher) - [mratcliffe@smrutherglen.catholic.edu.au](mailto:mratcliffe@smrutherglen.catholic.edu.au)  
Chris Lamb (Grade 2 teacher)) - [clamb@smrutherglen.catholic.edu.au](mailto:clamb@smrutherglen.catholic.edu.au)  
Emily Morris (Grade 3 teacher) - [emorris@smrutherglen.catholic.edu.au](mailto:emorris@smrutherglen.catholic.edu.au) (Wednesday)  
Hannah Kelly (Gr 5/6 teacher) - [hkelly@smrutherglen.catholic.edu.au](mailto:hkelly@smrutherglen.catholic.edu.au)  
Sarah Grogan (Foundation/1 teacher) - [sgrogan@smrutherglen.catholic.edu.au](mailto:sgrogan@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/Grade 2) - [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 (Business Manager) - [aarnot@smrutherglen.catholic.edu.au](mailto:aarnot@smrutherglen.catholic.edu.au)  
Judy Fah (Reception/Administration) - [jfah@smrutherglen.catholic.edu.au](mailto:jfah@smrutherglen.catholic.edu.au)