



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 17 March, 2023

PBIS Expectations: Expectations During Sport



This Sunday is the 4th Sunday of Lent



During Lent I will share with you some stories of people and villages being transformed thanks to the support of **CARITAS** and **Project Compassion**.



Anatercia's story:

Tragedy struck early for Anatercia. Her father passed away when she was just four and her mother has struggled with chronic health issues ever since.

Anatercia, her brother, and her sick mother, moved in with their elderly grandparents into a small hut in southern Mozambique, where there is no electricity, hospital, secondary school or supermarket. As her grandparents aged, Anatercia's grandfather developed blindness and her grandmother could no longer walk to their farm; their only source of income.

Thanks to the generosity of our supporters, Anatercia and her family were able to join the Integrated Rural Development Program, supported by Caritas Australia's partner, Caritas Regional Chokwe, which provided them with food, seeds, school supplies and a school uniform for Anatercia.

They also helped the family to install an irrigation system on their farm, as well as a system of taps in the village so community members no longer needed to walk hours to collect water. Anatercia's grandmother learnt about sustainable farming techniques to help the family produce enough food to eat and sell.

Caritas Regional Chokwe also successfully lobbied the government to extend the school to 6th grade, so that children like Anatercia can continue to study close to home, rather than walking hours to a neighbouring school.



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St. Patrick's Day - 17 March



Many Australians remember the Irish settlement and culture on St Patrick's Day. The Irish were among the first Europeans to settle in Australia. They comprised a portion of the convict settlement population in the late 1700s. More than 300,000 other Irish settlers (not convicts) migrated to Australia between 1840 and 1914. Many Irish immigrants came to Australia to escape famine in their homeland. About 30 percent of Australians are believed to have some Irish ancestry today.

One way of preserving Irish traditions and customs in Australia is celebrating St Patrick's Day each year. St Patrick is one of Ireland's patron saints. He died on March 17 in or around the year 493. He worked as a missionary in Ireland and it is believed that he banished "snakes" from the country although the term may have referred to druids or pagan worshippers.

Great CARITAS Fundraiser:

Our Year 2 students had a very successful cupcake and cookie stall on Wednesday raising \$198 for **CARITAS**.



Assembly Next Week: Thursday 23rd March at 3pm in the hall

REMINDER—Photograph/Recording Permission Form

If you haven't already done so, please return the signed page sent home at the beginning of this Term as soon as possible. This is most important.

IMPORTANT REMINDERS

Absenteeism - Our Legal Requirement

It is a **legal requirement** that **all schools** must follow up any daily **unexplained absences** by **9.30 am**.

If your child is going to be away from school or arriving late for any reason the school **must be notified**. The simplest way to do this is through **PAM**.

If your child is an **unexplained absence** you will receive an **SMS** asking you to contact the school and a phone call if necessary. If there is no answer then the **emergency contacts** for your family will be contacted and then if there is still no answer the police are contacted. These steps are followed to ensure that we know that your child is **safe**.

2023 School Closure Days:

- | | |
|-----------------------------|---|
| 1. Friday 31st March | Staff attending Maths Conference (Melbourne) |
| 2. Friday 26th May | STEM Focus |
| 3. Monday 6th Nov | Report Writing Day |

Please be sure to circle these dates on your calendar

PROTECT

Everyone has the right to be safe and be protected from abuse.

No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.

Tell a teacher or any adult at your school if you feel unsafe.



It's everyone's responsibility. Adults at school must listen and respond to concerns about child abuse.

If you suspect abuse of any child or young person, you have a responsibility to report it, even if you are not sure.

Further information & resources
www.education.vic.gov.au/protect



Child Safety

At St. Mary's we are A **Child Safe School** that implements strategies and programs to ensure all our students feel safe and included at all times in their school.

Ministerial Order 1359 provides the framework for child safety in schools. It requires all schools to have a child safety code of conduct that:

- promotes child safety and wellbeing in the school
- provides guidance for staff and volunteers on expected standards of behaviour
- considers the needs of all children and students
- is consistent with other codes of conduct and child safety and wellbeing strategies, policies and procedures.

TREATMENT FOR HEADLICE

All parents please note that there have been a few cases of headlice at the school recently. It would be timely for you all to do a head check and treat if required. Following is some information regarding treatment and prevention.

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.

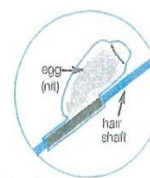
Any head lice product could cause a reaction and should be used with care by women who are pregnant or breastfeeding, children less than 12 months old and people with allergies, asthma or open wounds on the scalp. If you are unsure, please check with your pharmacist or doctor.

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.

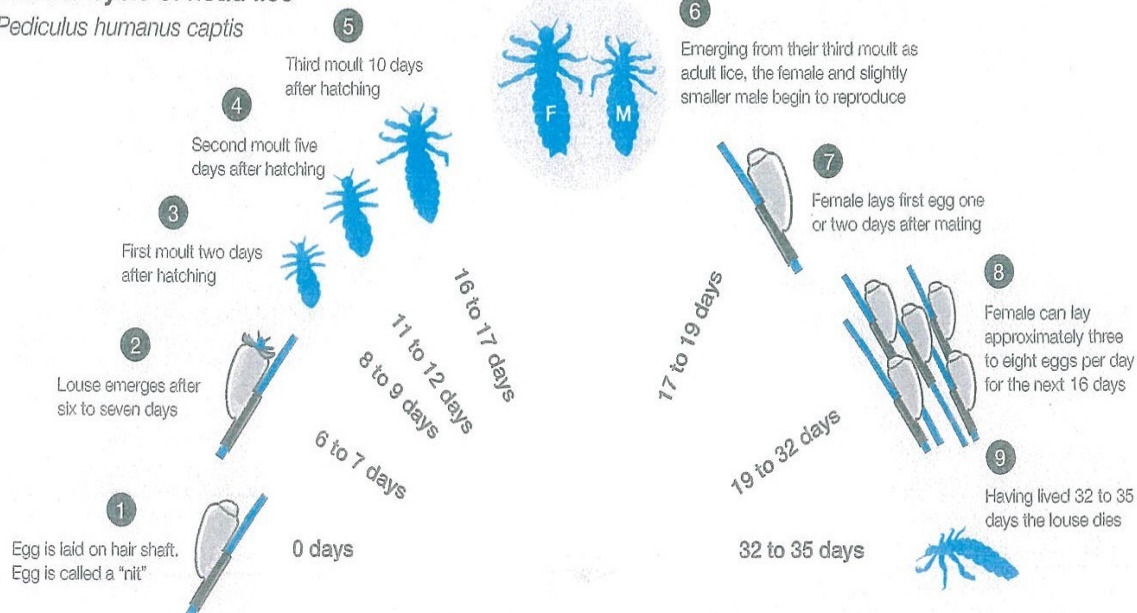
Further information

The following website offers further information:

www.health.vic.gov.au/headlice

The 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 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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EASTER RAFFLE:

It's that time of year again - Seeking Donations!

EASTER

Could all families please start sending in some Easter eggs and Easter themed gifts for our Easter Raffle to be drawn on 5th April, 2023. The more donations we receive the more Easter hampers we can make up as prizes. Easter raffle tickets will be sent home on March 20, with more available on request.



Well done to this week's Class Award Winners:




BACK ROW: Harry, Declan, Lachlan, Ivy, Cody, Harper FRONT ROW: Eden, Ottis, Stephanie



Frosty Friday Term 1 & 4:

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

PBIS: Expectations in the Toilets

| Toilets | Respect Ourselves | Respect Others | Respect our Environment |
|---|---|---|--|
|  | <ul style="list-style-type: none"> Wash hands after using the toilet Keep food and drink out of toilets Enter cubicle only through the door Exiting people go first | <ul style="list-style-type: none"> Walk to toilets without noise Flush toilet after use Boys wait your turn at urinals 1 child in cubicle at all times Wait your turn outside if the cubicles are full | <ul style="list-style-type: none"> Paper towels in correct bins Flush toilet after use Turn taps off after use Report any blockages/issues to teachers Use toilet paper sparingly |

Well done to this week's PBIS winners:



Izaiah, Pyper, Annika, Emmerson, Iris, Callan

Have a great weekend

Matt





**Catholic
College**
Wodonga

Life in Jesus

COME TO OUR **OPEN DAY**

Monday 27 March

4-6.30pm

○ **ACTIVITIES**

Take part in the many hands on activities to get a feel of what is on offer to students at our College.

GUIDED TOUR BOOKINGS ○



Pre-booked tours available with our student leaders. Tours in groups of up to 20 people per time slot. See online for details.

○ **SELF GUIDED TOURS**

Self guided tours available for families. Talk with staff from areas that are of most interest or to engage in the activities on offer. No bookings necessary.

ENROLMENTS NOW OPEN

www.ccw.vic.edu.au/enrol/



**GRADES 4, 5 & 6
INTRODUCTION TO
RUTHERGLEN HIGH SCHOOL
WEDNESDAY 22ND 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, STRONG ACADEMIC ACHIEVEMENTS, EXCELLENT
OPPORTUNITIES AND IS YOUR LOCAL COMMUNITY HIGH SCHOOL.

Two tours of the School are available on Wednesday 22nd 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**



**Come & Try –
Monday 20th & 27th of March**

5.30pm for 5 to 15 years

6.30pm for 15+ years

Location Ball Park Oval

Edward St Corowa

**Come have some fun learning soccer skills
with a quick game after skills**

**Then we will kick off the year
from the 3rd April**

Registration for the year

Kids \$100 per person

Adults \$150 per person

Active Kids vouchers can be used for Registration

For more information please contact:

Ken on 0418 861 405



Join schools around the diocese in turning off lights for one hour!

In Sandhurst, we invite you to participate in **Sandhurst Switches Off**. All Catholic schools and Catholic Education Offices will be encouraged to turn off their lights and any other electronic devices for part of the day or a whole day. This action is symbolic of our commitment to the preservation of God's fragile creation. It is also symbolic of our solidarity with those who are suffering due to climate change. Let us reimagine our partnership with all of creation.

'If we approach nature and the environment without this openness to awe and wonder, if we no longer speak the language of fraternity and beauty in our relationship with the world, our attitude will be that of masters, consumers, ruthless exploiters, unable to set limits on their immediate needs.'

Laudate Si, Pope Francis, p. 17



Important Calendar Dates - 2023

Term 1

| | |
|-------------------|---|
| Friday 24 March | Reconciliation Grade 3 |
| Tuesday 28 March | Parent/Teacher Interviews |
| Friday 31 March | Student Free Day - Staff PD |
| Wednesday 5 April | Easter Hamper Raffle Draw |
| 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 |
| Tuesday 25 April | Anzac Day - Public Holiday |
| Friday 26 May | Student Free Day - Stem Focus |
| Monday 12 June | King's Birthday - Public Holiday |
| 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 3 for Students (Casual Clothes Day - Gold coin donation) 2.30pm finish |

Term 4

| | |
|---------------------------|---------------------------------------|
| Monday 2 October | First Day - Term 4 |
| Wed-Thursday 1-3 November | Grade 5/6 Canberra Camp |
| Monday 6 November | Student Free Day - Report Writing Day |
| Monday 11 December | Grade 6 Graduation Dinner |

Staff email addresses

Matt Attwater (Principal) - mattwater@smrutherglen.catholic.edu.au
Libby Dickinson (Gr 5/6 teacher) - edickinson@smrutherglen.catholic.edu.au
Michael Ratcliffe (Grade 4 teacher) - mratcliffe@smrutherglen.catholic.edu.au
Chris Lamb (Grade 2 teacher) - clamb@smrutherglen.catholic.edu.au
Emily Morris (Grade 3 teacher) - emorris@smrutherglen.catholic.edu.au (Wednesday)
Hannah Kelly (Gr 5/6 teacher) - hkelly@smrutherglen.catholic.edu.au
Sarah Grogan (Foundation/1 teacher) - sgrogan@smrutherglen.catholic.edu.au
Nicole O'Mahony (Learning Diversity Leader) - nomahony@smrutherglen.catholic.edu.au
Jane van Zanten (Art/Grade 2) - jvanzanten@smrutherglen.catholic.edu.au (Tuesday/Friday)
Gina Nero (Italian teacher) - gnero@smrutherglen.catholic.edu.au (Tuesday)
Amanda Arnot (Business Manager) - aarnot@smrutherglen.catholic.edu.au
Judy Fah (Reception/Administration) - jfah@smrutherglen.catholic.edu.au