



# 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 2 - Week 3 - Friday 13 May, 2022**

## IMPORTANT DATES

**Thursday 19 May**

**Cross Country Day @  
Chiltern**

**Friday 20 May**

**Jump Rope for Heart  
Day**

**Wed 25—Fri 27 May**

**Grade 3/4/5&6 High  
Country Camp**

## PBIS Expectations: Expectations in the Classroom

Dear Parents/ Carers,

### This Sunday's Gospel Summary:

*John 13:31-33a,34-35*

Jesus gives his disciples a new commandment: love one another.

This Sunday's Gospel again comes from the Gospel of John. Like last week, today we hear words spoken by Jesus before his death and Resurrection. Jesus is teaching at the Last Supper.

John's Gospel does not include an institution of the Eucharist narrative; instead, Jesus washes his disciples' feet.



Immediately after, Jesus predicts his betrayal by Judas. Today's Gospel follows that prediction. It can be read as a continuing explanation of Jesus' act of washing his disciples' feet. It begins with the announcement that this is the moment when the Son of Man will be glorified. This theme continues throughout John's Passion. Jesus will be glorified in his death on the cross and in his Resurrection, and the disciples will glorify Jesus in the love they show.

John's Gospel does not present a sentimental view of love. This is a type of love that is shown in service and sacrifice. It is difficult to choose to love when faced with hatred and anger. Jesus tells the disciples that all will know that they are his disciples because of the love they show for one another. This description of the early Christian community will be repeated in the Acts of the Apostles: "See how they love one another." Christian love is the hallmark of Christianity. We see it lived in the witness of the martyrs. We see it in the example of the lives of the saints. We see it in the holy women and men who live and love daily, making small and large sacrifices for others.

## Reflection for Families: Family Connection

Is love the first word your family members use to describe their interactions? Love is difficult. Jesus' sacrifice for us is an example of this. Yet because of love, the glory of God is fully revealed in Jesus. God's glory is revealed in us when we act as the Body of Christ, as individuals and as a community. In the love we have for one another—difficult, challenging, sacrificial love—we find Jesus.

Choose one or two occasions when your family was together during the week. Describe the family's interactions from an outsider's perspective. When is it less difficult to show love to family members? When is it more difficult? When love is difficult, what do we do?

Jesus didn't just tell us to love one another. He showed us how to love one another. In what ways did Jesus show us how to love? (in his acts of healing and forgiving; at the Last Supper as he washed his disciples' feet; in the gift of the Eucharist; through his death on the Cross)

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## Weekend Mass Times

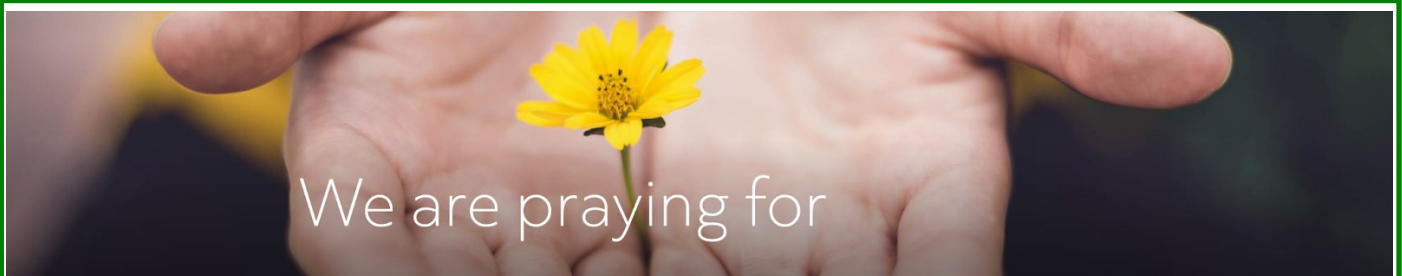
**Saturday 6pm**

**Chiltern**

**Sunday 9am**

**Rutherglen**

**Sunday 10.30am Wahgunyah**



**We pray for the Woods, Lee and Landers families on the sudden loss of Tylan Landers this week. Tylan was the oldest brother of Lilly and Codie in Grade 4/5. Tylan was a past student of our school community. Our thoughts and prayers go out to all their families.**

#### **Naplan:**

Grade 3 and Grade 5 students have participated in Naplan this week from Tuesday through to today. They have worked very well. Well done Grade 3 and 5.

We will let you know when the results are ready.

#### **Long Service Leave:**

Matt is on LSL leave for the next 2 weeks. He is in Queensland seeing his Grandchildren and getting wet!!!!

I am in the office and Mrs Van zanten is looking after the Grade 3's for the next 2 weeks.

**Cross Country:** Next Thursday morning we are off to Chiltern for our annual inter school cross country at the golf club with St Joseph's in Chiltern. Please see PAM activity for times and permissions.

**Uniform:** Please make sure that your children's jumpers and jackets are clearly marked with their names please. We have a few floating around with no names.



#### **Congratulations:**

A big congratulations to Poppy Ellery who was baptised on Saturday surrounded by her family and friends in the church.

Poppy said it was the best day and Father Carey said she was wonderful.

Well done Poppy!



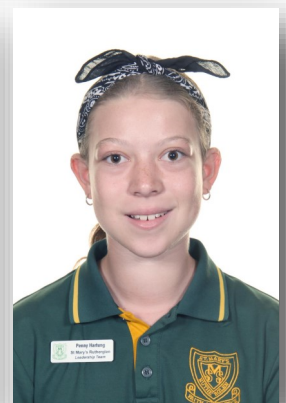
We send our best wishes to  
all who are  
Celebrating their birthdays this week.



Harry





Ivy





Penny

## Lunchboxes:

We have been having a few issues with lunch boxes over the past few weeks, especially in the senior end of the school. Some children are eating and some are not eating lunch at all. We are really trying to have a healthy focus so that the food the children are having is sustaining them for the whole day. Please have a chat with your children.

**FOR A HEALTHY LUNCHBOX**

**SOMETHING FROM EACH GROUP**


FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<b>FRESH FRUIT</b> <ul style="list-style-type: none"> <li>Apple</li> <li>Banana</li> <li>Mandarin</li> <li>Orange quarters</li> <li>Passionfruit halves (with spoon)</li> <li>Watermelon, honeydew, rockmelon chunks</li> <li>Pineapple chunks</li> <li>Grapes</li> <li>Plums</li> <li>Nectarines, peaches, Apricots</li> <li>Strawberries</li> <li>Cherries</li> <li>Kiwi/fruit halves (with spoon)</li> <li>Pear</li> </ul> <b>MIXED FRUIT</b> <ul style="list-style-type: none"> <li>Fruit salad</li> <li>Fruit kebabs</li> </ul> <b>DRIED FRUIT</b> <ul style="list-style-type: none"> <li>Dried fruit, nut, popcorn mixes*</li> </ul> <b>TINNED FRUIT/SNACK PACKS/CUPS</b> <ul style="list-style-type: none"> <li>In natural juice (not syrup)</li> </ul> 	<b>FRESH CRUNCHY VEGIES</b> <ul style="list-style-type: none"> <li>Corn cobs</li> <li>Carrot sticks</li> <li>Capsicum sticks</li> <li>Green beans</li> <li>Cucumber sticks</li> <li>Celery sticks</li> <li>Snow peas</li> <li>Tomatoes (e.g. cherry and Roma tomatoes)</li> <li>Mushroom pieces</li> </ul> <b>Can serve with either:</b> <ul style="list-style-type: none"> <li>Hummus</li> <li>Tomato salsa</li> <li>Tatziki</li> <li>Beetroot dip</li> <li>Natural yoghurt</li> </ul> <b>SALADS</b> <ul style="list-style-type: none"> <li>Coleslaw and potato salad (reduced fat dressing)</li> <li>Mexican bean, tomato, lettuce and cheese salad</li> <li>Pesto pasta salad*</li> </ul> <b>BAKED ITEMS</b> <ul style="list-style-type: none"> <li>Grilled or roasted vegetables</li> <li>Wholemeal vegetable muffins or scones</li> <li>Vegetable slice (with grated zucchini and carrot)</li> <li>Popcorn</li> </ul> <b>SOUP</b> (In small thermos) <ul style="list-style-type: none"> <li>Pumpkin soup</li> <li>Potato and leek soup</li> <li>Chicken and corn soup</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>Calcium-enriched soy and other plant-based milks</li> <li>Yoghurt (frozen overnight)</li> <li>Custard</li> </ul> <b>Tip:</b> <ul style="list-style-type: none"> <li>Freeze the night before to keep cool during the day</li> </ul> <ul style="list-style-type: none"> <li>Cheese cubes, sticks or slices</li> <li>Cottage or ricotta cheese</li> <li>Cream cheese</li> <li>Tatziki dip</li> </ul> <b>Can serve with either:</b> <ul style="list-style-type: none"> <li>Fruit</li> <li>Wholegrain cereal, low in sugar</li> <li>Vegetable sticks</li> <li>Rice and corn cakes</li> <li>Wholegrain wheat crackers</li> </ul>	<ul style="list-style-type: none"> <li>Tinned tuna or salmon in springwater</li> <li>Lean roast or grilled meats (e.g. beef, chicken, kangaroo)</li> <li>Falafel balls</li> <li>Lean meat or chicken patties</li> <li>Tinned tuna or salmon patties</li> <li>Lentil patties</li> <li>Lean deli meats (e.g. ham, silver-side, chicken)</li> <li>Boiled eggs</li> <li>Baked beans (canned)</li> <li>Tofu cubes</li> <li>Hummus dip</li> <li>Lean meat or chicken kebab sticks</li> <li>Peanut butter*</li> </ul> <b>Can serve with:</b> <ul style="list-style-type: none"> <li>Wholegrain sandwich, roll, pita or wrap bread with salad</li> <li>Rice and corn cakes</li> <li>Wholegrain wheat crackers</li> <li>Side salad</li> </ul> <ul style="list-style-type: none"> <li>Vegetable fritтата</li> <li>Stir-fry chicken drumsticks</li> <li>Savoury muffins or scones (e.g. lean ham, cheese and shallots)</li> <li>Homemade pizzas with lean roast or deli meats and vegetables</li> </ul> <b>Can serve with:</b> <ul style="list-style-type: none"> <li>Side salad</li> <li>Steamed or roasted vegetables</li> </ul>	<b>MAINS</b> <ul style="list-style-type: none"> <li>Wraps</li> <li>Sandwiches</li> <li>Rolls</li> <li>Toasted sandwiches</li> </ul> <b>Tip:</b> Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, foccacias, fruit bread and English muffins. <ul style="list-style-type: none"> <li>Pasta dishes</li> <li>Rice, quinoa or cous cous dishes</li> <li>Noodle dishes</li> <li>Sushi</li> </ul> <b>SAVORY BAKED ITEMS</b> <ul style="list-style-type: none"> <li>Homemade pizzas</li> <li>Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)</li> <li>Vegetable based muffins</li> <li>Pasta or noodle bake</li> </ul> <b>SWEET BAKED ITEMS</b> <ul style="list-style-type: none"> <li>Fruit loaf</li> <li>Wholemeal fruit based muffins</li> </ul> <b>SNACKS</b> <ul style="list-style-type: none"> <li>High fibre, low sugar cereal (e.g. muesli)</li> <li>English muffins</li> <li>Crackers</li> <li>Crispbreads</li> <li>Rice cakes</li> <li>Corn thins</li> <li>Wholemeal scones</li> <li>Pikelets</li> <li>Crumplets</li> <li>Hot cross buns (no icing)</li> </ul>	<ul style="list-style-type: none"> <li>Take a water bottle (for refilling throughout the day)</li> </ul> <b>Tip:</b> <ul style="list-style-type: none"> <li>Freeze overnight to keep foods cool in lunchboxes</li> </ul> <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p> 

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service: <http://heas.health.vic.gov.au/>

\*Check your school's policy regarding the use of nuts and products containing nuts.

## The Easing of COVID Restrictions Means

As outlined in my email sent home last Monday there has been a significant easing of COVID restrictions in schools.

### 1. Face Masks:

From 11:59 pm Friday 22 April, face masks, while recommended, are not required in any school setting. This means students in grades 3 to 6, staff and visitors in primary schools are no longer required to wear face masks. Any student or staff member who wishes to wear a mask may do so, including those who are medically at-risk.

### 2. Screening requirements

Students and staff who have tested positive for COVID-19, and have completed their 7-day isolation period, now do not need to undertake rapid antigen test (RAT) screening for 12 weeks after their release from isolation. This was previously 8 weeks.

### 3: Household contacts

Students and staff who are household contacts of a COVID-19 case are no longer required to quarantine. They can return to school as long as they undertake rapid antigen tests (RAT) 5 times within their 7-day period and wear face masks indoors if they are aged 8 and above unless they have a valid exemption. If any household contact returns a positive RAT result during this period, they must isolate for 7 days and not attend school.

### 4;Vaccination requirements for visitors to schools:

Parents, carers and other adult visitors (not performing work) are no longer required to show evidence of two doses of COVID-19 vaccine.

### 5.Community use of school facilities:

Schools will no longer need to request evidence of vaccination of staff or workers from external community groups who use premises outside the school's normal operating hours.

### 6: RAT screening extension:

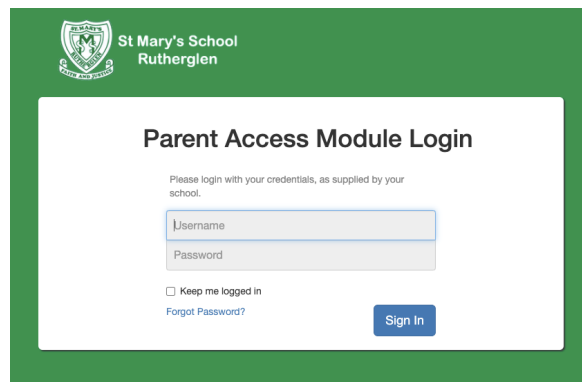
The supply of RATs will continue for the first 4 weeks of this term. The screening recommendations remain the same:

- mainstream schools – recommended to test at home twice a week



## 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.



## Wood Raffle

Raffle tickets have been sent home with each child to sell/buy.

This is another Parents and Friends fundraiser for the school.

**Tickets are \$2.00 each**

The raffle will be drawn at school on Friday 3rd June, 2022

## Congratulations to this week's classroom award winners

Back row: *Jessica, Acacia, Dusty and Harper*

Front row: *Connie, Skye, Zoe M, Zoe H and Oliver*



## Beechworth and District Cross Country

Well done to Teddy, Sienna, Molly, Lilly, Codie, Seve, Ryan, Travis and Isabel who all participated in the Beechworth and District Cross Country event.



## JUMP ROPE FOR HEART

Coming to St Mary's Primary School in Term 2!

Keep an eye out for more information to come. Dust off your skipping ropes in Term 2.



### How your donations can help

Over the last 40 years, families like yours have helped make innovative research and future medical breakthroughs possible.

**\$50** could cover the cost of basic tools like syringes and test tubes that researchers can use to grow heart cells in the lab.

**\$100** could pay for a DNA test to identify people at high genetic risk of heart disease.

**\$500** could cover the cost of research antibodies used to detect viral or bacterial infections in the heart.

## JUMP ROPE for HEART



## Congratulations Logan

Logan received the Principal's award this morning for borrowing an umbrella to walk his younger siblings home in the rain yesterday. He then walked back to school to return the umbrella.

Well done for putting others before yourself Logan.





## F/1/2 art

This week the students experimented with the texture of foil. The students enjoyed painting on this different texture. Please ensure that your child/ren have an art smock at school as we love to paint and often art can be messy. Thank you.





## PBIS Focus of the Week - Expectations in the Playground

Playground	Respect Ourselves	Respect Others	Respect our Environment
	<ul style="list-style-type: none"> <li>• Use kind words.</li> <li>• Be a good self umpire.</li> <li>• <u>Keep hands and feet to myself.</u></li> <li>• Respond to the bell immediately (drink, toilet).</li> <li>• Tell, not do.</li> <li>• Be active.</li> <li>• Wear a hat and sunscreen during</li> </ul>	<ul style="list-style-type: none"> <li>• Respond to the bell immediately.</li> <li>• Share with others.</li> <li>• Take turns in games.</li> <li>• Show good Sportsmanship with others.</li> <li>• Be inclusive.</li> <li>• Be a good role model with others.</li> <li>• Be tolerant towards</li> </ul>	<ul style="list-style-type: none"> <li>• Use equipment appropriately.</li> <li>• Return sports equipment.</li> <li>• Pick up my belongings, eg. drink bottle, hat and jumper.</li> <li>• Put our rubbish in the bin.</li> </ul>

**Congratulations to this week's PBIS Winners**  
**Connie, Ayla, Emmerson, Oliver, Jed and Colton**



*Have a great weekend*  
*Thanks Libby*



# Important Calendar Dates - 2022

## Term 2

Thursday 19 May	Cross Country Day @ Chiltern
Friday 20 May	Jump Rope for Heart Day
Wed 25—Fri 27 May	Grade 3/4/5&6 High Country Camp
Friday 3 June	Wood Raffle drawn
Wednesday 8 June	Open Day
Friday 10 June revised date	School Closure Day (Staff Professional Development)
Monday 13 June	Queen's Birthday Holiday
Friday 17 June	First Reconciliation 10am
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

## Term 4

Monday 3 October	1st day Term 4
Monday 24 October	Student Free Day—Staff PD
Monday 31 October	Student Free Day—Report Writing Day
Tuesday 1 November	Melbourne Cup Day
Friday 11 November	Remembrance Day
Thursday 1 December	Student Free Day—Staff PD

### 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)  
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