

St. Mary's Primary School Newsletter

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Date: 22nd August, 2024 Newsletter No: 12 Term: 2 - Week: 6

School Notices

Yard Supervision:

Morning: 8:30 - 8:55am
Afternoon: 3:20 - 3:35pm

Bell Times:

School Begins 8:55am
Recess: 11:10-11:30am
Lunch: 1:30 - 2:20pm
Finish: 3:20pm

Student Absences:

Please phone the office by 9:00am if your child will not be at school on 57 521808.
Or mark absence on PAM.



Term 3

Monday 15th July
Friday 20th September

Term 4

Monday 7th October
Friday 20th December

MASS TIMES

Myrtleford

Saturday @ 5:00pm
Sunday @ 9:00am

Bright

Sunday @ 11:00am

St Patricks Whorouly

Last Sunday of the
Month @ 5:00pm



Click on the link



Book Week was a fabulous celebration. Thank you to the mums, dads and grandparents who were able to attend. Always a fun day for kids and they will remember the day with fond memories. Thanks to the staff who get into the spirit of dressing up. Lucia Southern puts in an enormous amount of time and effort in creating and delivering the Book Fair followed by Book Week. Thanks to the teachers for the book week displays in their classrooms. Please feel free to pop in and have a look.

On Friday 30th of August we will be holding our Father's Day celebrations. We will have egg and bacon rolls with a cuppa for dads and other important adults in the lives of our young children. Cereal is available for all children. We may require some parent helpers and if you are available from 7:30am please contact the school and let Lucia know 57521 808. An order form will come home tomorrow for catering purposes. Please return it by Tuesday 27th August.

The Year Five children visited the kinder children yesterday. Parents can be very proud of their year five students as they were extremely respectful and caring toward the kinder children. I was very proud of the behaviour.



Some families will receive a survey regarding a number of items related to the school life of St Mary's. This is valuable data that we highly regard to further develop the culture at St Mary's. It is not too long and I encourage families to take the time to complete.

Next Wednesday 28th August is a pupil free day. We have been looking at how we collect, collate and analyse data from across the school in a number of different areas. This will allow us to collaborate together and further develop comprehensive data management across the school which will continue to have a positive impact on student growth.

Have a great week,
Kitty Hancock

St Mary's Primary is committed to students experiencing a sense of inclusion that is respectful of their giftedness, abilities, culture and contexts. Our student's experience learning and teaching in a child safe environment that is engaging and liberating.

SIGNING YOUR CHILD IN & OUT & LATE TO SCHOOL PROCESS

All Children who arrive at school after 8:55am or leave school before 3:20pm MUST be signed in/out at the office. If for any reason, you need to take your child out of school during school hours, please come to the office to sign your child out.

STUDENT ABSENCES

If your child is absent from school for any reason, it is vital that you notify the school prior to 9am, giving the reason for the absence (e.g. If your child is sick, attending an appointment, family holiday etc). This can be done via a few ways:

- Mark absence on PAM.
- Send a note with your child on their return to school, or beforehand if you know in advance
- School answering machine is on out of hours, so you can leave a message on 57521808

Why attendance matters

When your child misses school they miss important opportunities to:

- Learn
- Make Friends
- Build skills through fun

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just... they miss weeks per year... and years over their school life

1 day per fortnight = 4 weeks = Over 1 year missed

1 day per week = 8 weeks = Over 2.5 years missed

SCHOOL NEWS

AUGUST

Friday 23 rd	MLC Liturgy 9:15am
Wednesday 28 th	Pupil Free Day (Staff PD)
Friday 30 th	Father's Day Breakfast 8am

SEPTEMBER

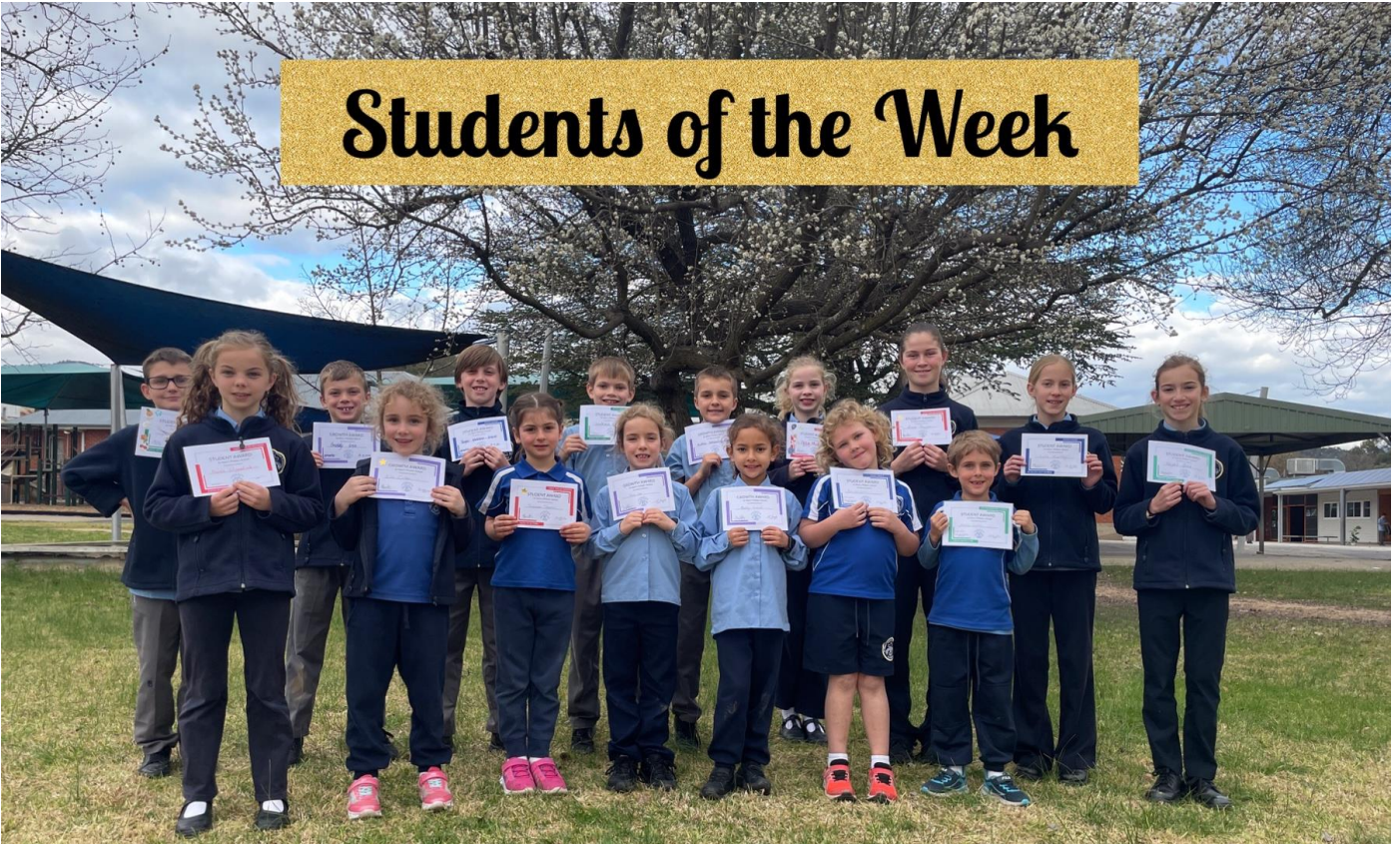
Monday 2 nd	Assembly EMPAC 2:30pm
Tuesday 3 rd	St Mary's Athletics Day Marian College Oval
Thursday 5 th	Sandhurst Arts on Show Performance Day Wangaratta
Monday 9 th	Pupil Free Day (Staff PD)
Monday 16 th	Assembly EMPAC 2:30pm
Thursday 19 th	Whole School end of Term Liturgy 9:15am St Mary's Church Families Welcome
Friday 20 th	JLC LETI Expo
Friday 20 th	Last Day Term 3

OCTOBER

Monday 7 th	Start of Term 4
Friday 11 th	O & M Division Athletics Wangaratta
Saturday 12 th	Confirmation and Eucharist Mass 6:00pm St Mary's Church
Sunday 13 th	Confirmation and Eucharist Mass 9am St Mary's Church
Monday 14 th	Assembly EMPAC 2:30pm
Tuesday 15 th	School Advisory Board meeting 6pm
Thursday 17 th	Foundation 2025 Transition Day 9:30 – 10:45am
Thursday 24 th	Foundation 2025 Transition Day 9:30 – 10:45am
Monday 28 th	Assembly EMPAC 2:30pm
Thursday 31 st	Foundation 2025 Transition Day 9:30 – 10:45am



Students of the Week



MENTAL HEALTH

Thank you to everyone for participating in our Bullying No Way: Week of Support. We were one of more than 7000 schools and supporters around Australia who showed our commitment to creating an environment where everyone belongs.

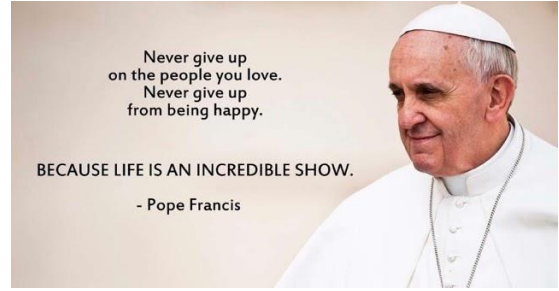
A special thank you to the Year 6 students for their organisation of our Quiet Club, jelly cups and disco, as well as their wonderful posters around the school. **"Be a friend, not a bully!"**

Mrs Pasqualotto (Mental Health & Wellbeing Leader)



AREA LITURGIES

MLC- Friday August 23rd at 9.15am at St Mary’s Church
All families and parishioners are welcome to attend these liturgies.



The SACRAMENTS



SACRAMENTAL INFORMATION 2024

Confirmation and First Eucharist Preparation Program

Over the next three weeks our ten candidates will continue to prepare to receive the Sacraments of Confirmation and First Eucharist on October 12th or October 13th.

Please join us in praying for:

Sarai Barnes, Heidi Barry, Phoebe Cresswell, Skyler Desagon, Freddy Ives, Clare Law, Paddy Millar, Thomas Mullane- Grant, Carlos Rubiano and Luca Zamperoni.

LITURGY FOR THE ASSUMPTION OF THE BLESSED VIRGIN MARY AUGUST 15TH

We held a moving whole school liturgy on Thursday August 15th for the Assumption of the Blessed Virgin Mary. The students were engaged, respectful and sang beautifully. Thank you to the readers from Year 1 to 6 and all those who had roles in the Mass. We would also like to thank those family members who attended, we appreciate your support.

Have a glorious week,
Jo Bennett (Catholic Identity Leader)

JUNIOR NEWS

GENERAL

The JLC students have thoroughly enjoyed the Book Week celebrations. They all looked amazing at the parade and were excited to experience the Book Week book rotations where we explored each class’ display for a chosen book.

On Wednesday afternoon we celebrated God’s Love for us at our JLC liturgy. The students read well and participated beautifully. Well done to all.

FOUNDATION - LETI

LETI is showing a very creative side to the foundation students! This week we saw guitars with vibrating strings, aeroplanes with reflecting lights and next week we will be learning about motion. Our end of term expo will be a showcase of so much scientific learning about light, sound and motion.



100 DAYS OF SCHOOL



100 Days of School



100 Days Of School



LITERACY

This week in literacy we have been using 'whisper phones' in reading. These are phones that we whisper into as we read and we can hear only our own voice and not the background noise. Students have been timing themselves each day to read a passage and trying to beat their time as the week progresses. Lots of fun! On 100 days of school, we wrote about being 100. Students enjoyed practising their handwriting in this activity.



YEAR 1 - LETI

The Year 1 students have continued their study of 'Light, Sound and Motion' over the last two weeks. They have researched different aspects of light and sound and have used experiments and drawn diagrams to respond to the learning outcomes.



LITERACY

The students have continued their daily phonics lessons with Orton Gillingham and phonemic awareness with Heggerty and are utilising this knowledge to help their progression in reading and writing.

We have been reading 'Fantastic Mr Fox' each day and the students have loved the antics of the farmers and Mr Fox. It has been wonderful to see the students' writing abilities and skills shown in their Big Write each week. They are writing complex and compound sentences and transferring the information from our explicit lessons into their writing.

BOOK WEEK



MATHS

We have explored mass and capacity in Maths. We used hands on tasks to explore 'hefting' to compare mass and used various containers to compare capacity.

HOMEWORK

The 'Word Detective' homework has shown great results and the students are very good at handing this in each Friday. This week we have looked at 'ay' as in play, which can be found at the end of a word.

YEAR 2

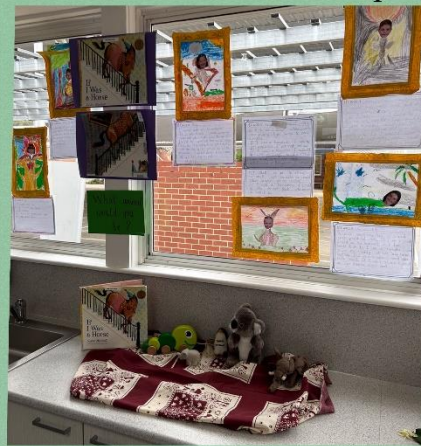
For the past two weeks Mrs Jeffery has been filling in for Miss Martyn while she is on long service leave. We thank Cathy for all her work and efforts during this time. It's been lovely knowing our students are in such great hands!

LITERACY

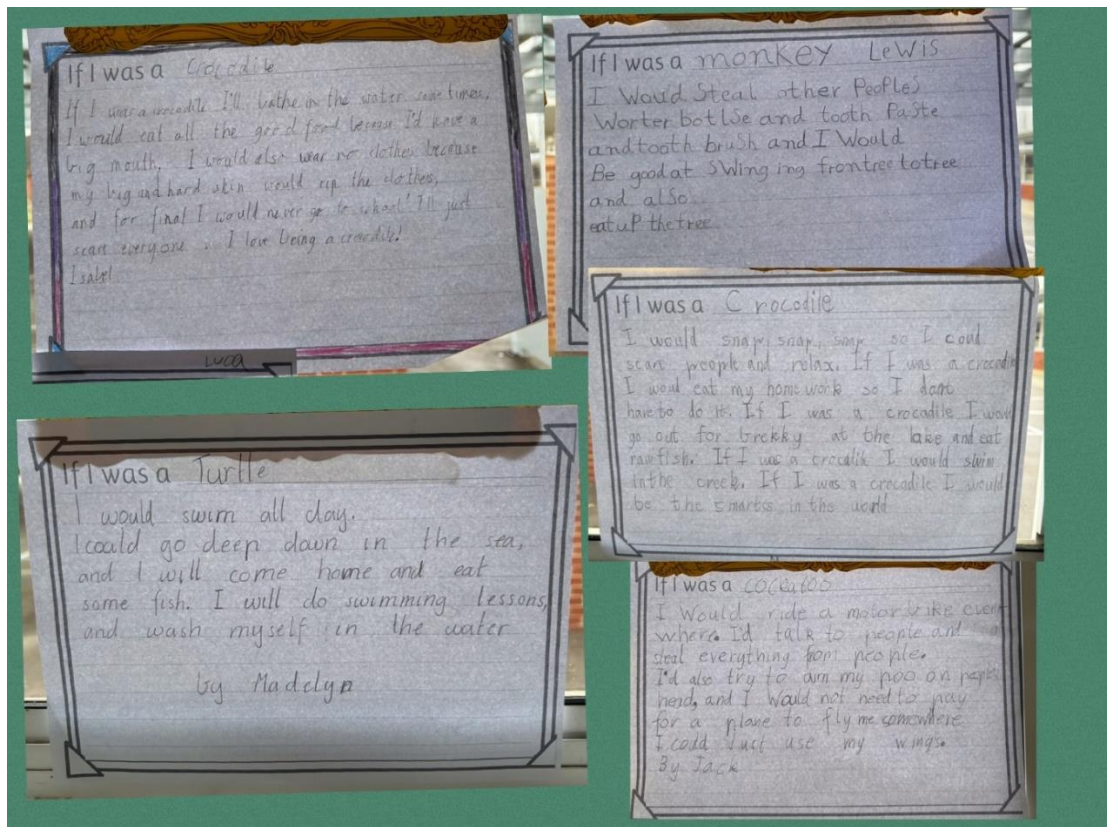
We have been enjoying sharing books that were shortlisted for Book Week. For our display we chose to focus on 'If I was a Horse...' by Sophie Blackall and 'The Concrete Garden' by Bob Graham. It was interesting to see what animals the students would like to be and why.



Year 2 Book Week Display



If I was a Horse





RELIGION

Our 'Sacraments are Special Celebrations' unit is continuing. We have been exploring each of the seven Sacraments and how these celebrations are similar to our daily life celebrations. Our JLC liturgy was on Wednesday. Thanks to those family members who were able to attend and well done to all the students for their participation.

MATHS

We have turned to work on exploring 2D and 3D shapes and their properties. It has been interesting to see what properties we remember easily. Last week we began creating a 'Guess Who' game for 3D shapes on our iPads. We hope to share them with you when they are finished. We have also been working with subtraction. We have worked hard to solve vertical subtraction equations with regrouping and subtraction problems.

HOMEWORK

As mentioned in our class newsletter this term the expectations have increased for our Year 2s. We would like students to continue with reading each night during the school week (Mon-Friday, 4 nights), complete daily Look Cover Write Check with spelling words and now submit 1 spelling activity for the week. We have also included a simple math homework sheet that is optional and can be submitted on Fridays along with spelling homework and reading logs.

LETI

This unit has led to lots of interesting questions to be investigated. We have been gathering all our information and now we are looking for ways we can present this to others.



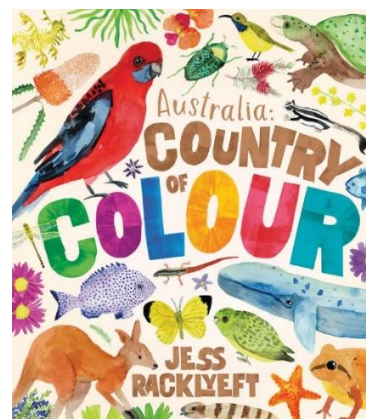
Have a great fortnight,
Carolyn, Sonia, Jo, Sandra, Nicole and Kelly

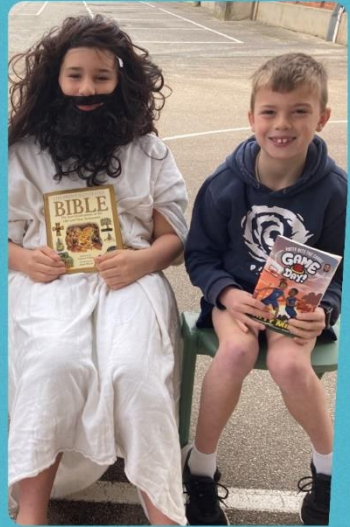
MIDDLE NEWS



BOOK WEEK

What a wonderful day of dress ups and festivities for Book Week. The students did a great job of recreating some beautiful artwork using the pages of our text, 'Australia: Country of Colour' by Jess Racklyeft. This book won the Eve Pownall - Shadow Judging award for the CBCA Awards. Thank you to the parents who help to make this special day happen each year. It's a fantastic way to celebrate Book Week.





Brodie – I made my robot out of spray paint, two boxes and wheels for its legs. The eyes are made from truck lights.



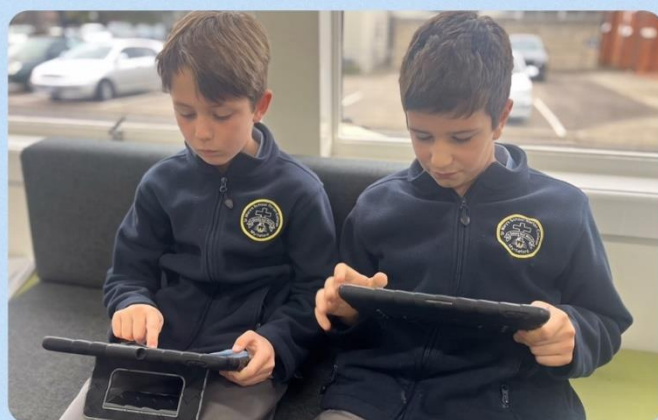
Spence – I made a robot with my dad. I made it out of three boxes and some pipe to make it stable for the middle and LED lights for the eyes.



Lachlan – When Dad and I made my robot we tried with no plywood for legs, but it fell over. So we had to go down to Pop's to get some plywood that we drilled into the bottom of the gumboots.



Year 3 Iron Man Robots





MAISIE: OLYMPIC TORCH

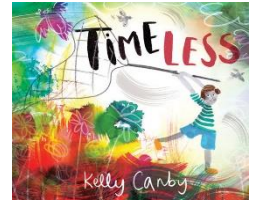
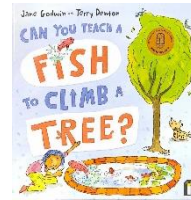
My mum came into the MLC and told us about a special thing she did during the Olympic Games. She carried and ran with the Olympic Torch in 2000 when the Olympic Games were in Australia. She had to write a letter to apply so that she could be selected to be a Torch Bearer. She was at high school.



Have a great fortnight,
April, Julie and Anna

SENIOR NEWS

We have had another busy and successful week. This week we have been working on our Book Week stories, discussing the theme of the book, the power of the illustrations and the audience it is appealing to. Homeroom WD read and created activities about 'Can You Teach A Fish To Climb A Tree' by Jane Goodwin and illustrated by Terry Denton. Homeroom JI read and created activities about 'Timeless' written and illustrated by Kelly Canby.



BOOK WEEK



BULLYING NO WAY

Last week was 'Bullying, No Way' week and many of the Year 6 students contributed to making sure the activities were successful and that the message of BELONGING was communicated across the school. There were wonderful purple posters made on Monday by the entire SLC, a 'Quiet Club' for colouring and drawing, short informative clips watched during the week, purple jelly cups being made and finally a disco on Thursday.

HOMEWORK

We are finding there are many students who are not completing their homework and commenting, saying "I don't have enough time". Of course, this is not true but more about prioritising and organisation. Each week they have been given a Math Mate and currently their English homework is tasks from their book report. It is important for SLC students to prepare for the expectations of high school in regard to assignments and homework tasks.



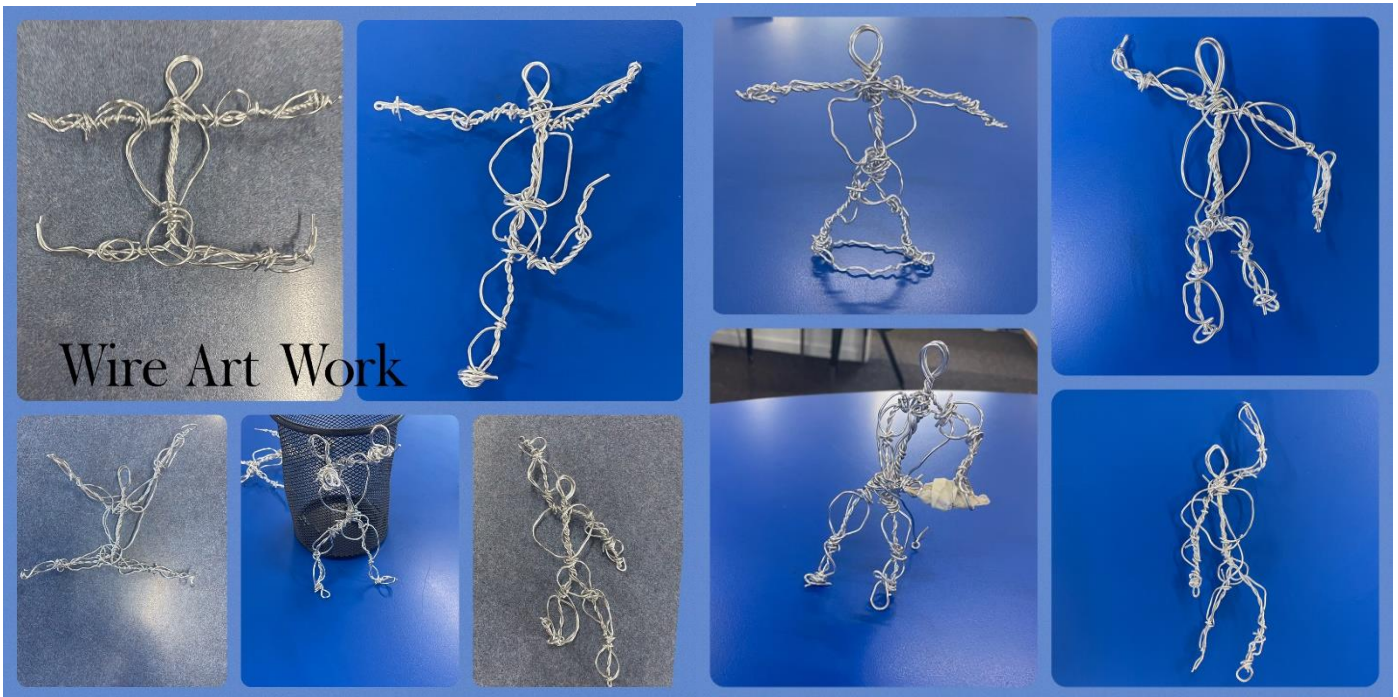
PRESENTATIONS

Thank you to Claye, who shared his experiences in Canada. Claye spoke clearly and precisely. He definitely sold a trip to Canada for a lot of us. Well done Claye.

Lexi also presented her work on the Olympics, this was a task from our math session, looking at the math in the Olympics.

ART WORK

The students chose an Olympic sport and created a wire figure showing poses from that sport. Some of the figures show, swimming, gymnastics, golf, hockey, and rugby.



Have a great week,
SLC Teachers

Book Week – Reading is Magic



Year 2



Year 1



Year 3



Year 4





YEAR 5/6 JI



YEAR 5/6 WD



SLC BEST DRESSED WINNERS

JLC BEST DRESSED WINNERS

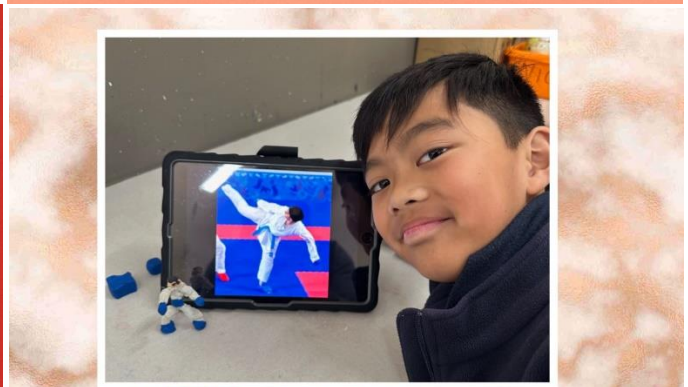


MLC BEST DRESSED WINNERS



ART NEWS

In art we have been looking at sculpture with modelling clay and aluminium wire. Students have created athletes from the 2024 Paris Olympic Games, focussing on manipulating the material to position the athlete in a pose they would be seen in while competing in their event.



ST MARY'S DATA UPDATE TERM 3, 2024

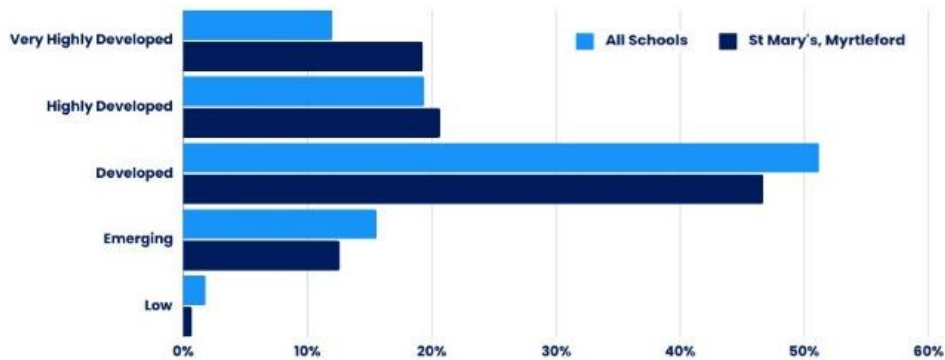


AVERAGE ATTENDANCE

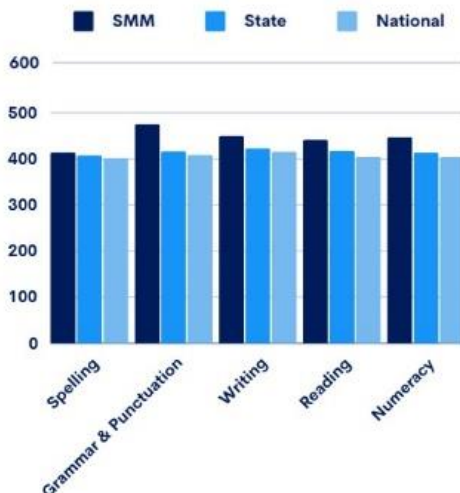


SOCIAL-EMOTIONAL WELLBEING

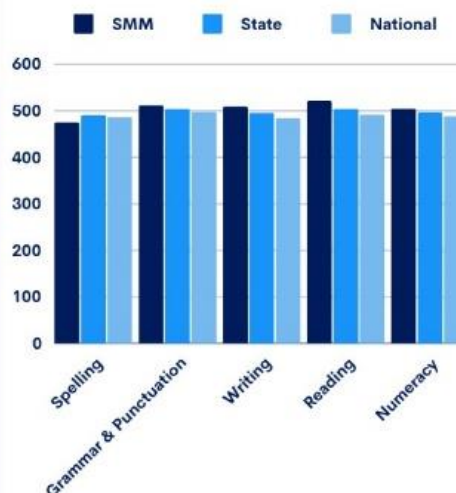
Here is a summary of the overall social-emotional wellbeing comparison of all students at St Mary's Primary School and all schools across the diocese, as distributed across the five developmental areas.



YEAR 3 NAPLAN



YEAR 5 NAPLAN



ST. MARY'S 2025

TRANSITION DAYS

MOUNTAIN VIEW VISITS:

17th October
24th October
31st October

9:30-10:45am
Please see Mountain View for more information about this visit.
Children from other kinders are most invited to join us.

ADDITIONAL TRANSITION DAYS:

Tuesday, 19th November
9:15-11:30am
Fruit and recess snack required

Tuesday, 26th November
9:15-11:30am
Fruit and recess snack required

Tuesday, 10th December
STATEWIDE TRANSITION DAY
9:15am - 2:30pm
Fruit, recess and lunch required

During our transition sessions, families & students will have the opportunity to meet and become familiar with their 2025 teacher, classroom space and year 6 buddies.

WE LOOK FORWARD TO GETTING TO KNOW YOUR CHILD & FAMILY!

5 Secrets to develop Confidence & Resilience

Parent Seminar

7pm Wednesday 4th September
St. Joseph's Beechworth

Parents learn

- 5 Fundamentals of Resilience
- Practical strategies to boost confidence & resilience
- Effective parenting strategies that foster resilience
- Importance of free creative play to rest the brain
- Mindful listening techniques to tune into children's feelings

Parent are supported to teach their child how to

- Lessen anxiety
- Cope with life's ups and downs
- Develop independence and self-efficacy
- Problem-solve with confidence
- Become more resilient and confident
- Solve problems independently
- Approach life with a resilient mindset

Wellbeing For Kids

Presented by
Georgina Manning
Wellbeing For Kids
peacefulkids.com.au

Sandhurst Arts on Show

Thursday 5 September 2024, 1pm
Wangaratta Performing Arts and Convention Centre
Cnr Ford and Ovens Sts, Wangaratta

With performances by:
St Bernard's PS, Wangaratta • St Joseph's PS, Chiltern
St Joseph's PS, Beechworth • St Mary's PS, Myrtleford
Marian College, Myrtleford • FCJ College, Benalla

Free Tickets Limited (max 4 per family)
forms.office.com/r/U1pC68yFb6 (or scan QR code)
Please allow time to locate parking.

50 Years

ASIA EDUCATION

Catholic Education

I make All BEHOLD things New

Cost

There is no cost for the majority of this program with thanks to funding support from the Murray PHN.

There is no cost for:

- Screening and follow up appointments with GP and Nurse
- ECG's, 28 day heart monitoring, 24 hour blood pressure monitoring, pathology, chest X-ray, group exercise and education program
- Cardiologist appointments and echocardiograms if required

There is a cost for:

- CT Calcium test if required (\$200)
- Initial Exercise Assessment if not eligible for a Medicare Team Care Arrangement referral



About Heart Disease



- Heart disease is a group of conditions that includes coronary heart disease, arrhythmias, heart failure and valve disease
- Heart disease is a major cause of health problems and death in Australia, but it's often preventable
- People living in regional and remote areas, generally have higher rates of death due to CVD than other Australians

PROGRAM PARTNERS

The Healthy Hearts Program is supported by funding from Murray PHN through the Australian Government's PHN program.



- 153-157 Myrtle St, Myrtleford
- 03 5751 1138
- www.albahealth.com.au
- admin@albahealth.com.au

A stethoscope and a red heart are shown on a grid background. The stethoscope is on the left, and the heart is on the right.

Alba Health

Healthy Hearts Program

- Bulk Billed Heart Check
- Supported by a Cardiologist
- Funded 8 week group exercise and education program

A QR code is located in the bottom left corner of the section.

REGISTER NOW

03 5751 1138

About Healthy Hearts

The purpose of the Program is to:

- Identify people at high risk of having a heart attack in the next 5 years
- Identify people with heart disease at an early stage
- Link these people with a cardiologist (Dr. Julian Yeoh) for early treatment
- Improve access for people in the Alpine Shire to cardiology services

The program involves a comprehensive heart check-up for well people (no known heart disease) to calculate their cardiovascular disease (CVD) Risk Score.

You will also be able to participate in an 8 week exercise and education program.

You may be referred to see a visiting Cardiologist in Myrtleford, Bulk Billed.



The Process



- 1 Register and Book**
 - Register online or in person, sign consent form
- 2 First Appointment**
 - Appointment with nurse/ GP to check history, BP, ECG, heart sounds, blood test arranged to check your cholesterol and blood sugar
 - Letter sent back to regular GP
- 3 Second Appointment**
 - Appointment with nurse or GP for results and risk category
 - Further tests may be arranged such as CT calcium score, 28 day ECG, referral to Cardiologist if required
- 4 Exercise and Education Program**
 - Referral to a funded 8 week exercise and education program through Flexout Health
 - If you have a heart or lung condition you may be referred to the PACE program
- 5 Review appointment**
 - Review appt with nurse at the end of the program
- *Cardiologist referral**
 - You may be referred to see a Cardiologist who is visiting Alba Health once a quarter to provide Cardiology appointments and Echocardiograms, BULK BILLED

WHO IS THIS PROGRAM FOR?

The program is available to any adult in the Myrtleford and surrounds area **WITHOUT** a pre existing issue of heart disease.

We are particularly aiming at people with risk factors such as:

- Aged between 40-70 years
- Any adult with a family history of heart disease
- Aboriginal and Torres Strait Islander people over 30 years of age
- People with diabetes over 35 years of age

WHO IS THIS PROGRAM NOT FOR?

People with existing heart disease.

People who already have a diagnosis of heart disease or cardiovascular disease as they will already be receiving treatment from a cardiologist or their GP.

8 WEEK EXERCISE & EDUCATION PROGRAM

People with low to moderate risk of developing heart disease will be offered a **funded** 8 week exercise and education program delivered by an exercise physiologist and dietician at Flexout Health.

People at high risk or with heart disease will be referred to the PACE program.

ARE YOU AN AUTISTIC ADULT, OR CARER TO AN AUTISTIC PERSON?

WOULD YOU LIKE TO CONNECT
WITH OTHERS LIKE YOU?

AUTISM COMMUNITY SUPPORT

The **Alpine Valleys Autism Community** is being established to support autistic individuals and their carers across the Alpine Shire.

Founded by those with lived experience, we're dedicated to promoting neurodiversity and enhancing the wellbeing of our local autism community.

Autistic Peer Support Group

Autism Carer Support Group

Social & Recreational Activities

Educational Events

Learning Resources

Community Advocacy



Proudly supported by



Interested in joining us?

Take our short survey to tell us what you'd like to see offered & opt-in for email updates



bit.ly/avac-eoi

Follow us on Facebook for updates

or email

AlpineValleysAutismCommunity@gmail.com



What is the Alpine Valleys Autism Community?

The Alpine Valleys Autism Community is a new group in the Alpine Shire dedicated to providing peer support to autistic people and carers.

Founded by those with lived experience, it promotes neurodiversity and aims to improve the well-being of the autism community.

What will the Alpine Valleys Autism Community do?

We will be running peer support groups for autistic people, and for carers, fostering social connections, providing learning opportunities, and engaging with local organisations to advocate for the wellbeing of autistic people and their carers in the Alpine Shire.

What is neurodiversity?

Neurodiversity is a concept that recognizes and respects the diversity of human brains and minds. It suggests that neurological differences, such as autism, ADHD, dyslexia, etc, are natural variations.

How can I get involved?

Complete our survey to register your interest and sign-up to our mailing list. You can also follow us on Facebook, or send us an email.

Follow us on Facebook for updates

or email

AlpineValleysAutismCommunity@gmail.com

Register your interest



bit.ly/avac-eoi