



St. Mary's Primary School Newsletter

43 O' Donnell Ave.
(P.O. Box 320)
Myrtleford Victoria 3737
Phone: 03 5752 1808
e-mail: principal@smmyleford.catholic.edu.au

web: www.smmyleford.catholic.edu.au

Date: 16th October, 2025

Newsletter No: 15

Term: 4 - Week: 2

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. Or email: absent@smmyleford.catholic.edu.au



TERM 4

6th October 2025
16th December 2025
Students Last Day

17th December 2025
Staff Last Day

MASS TIMES

Myrtleford

Saturday @ 6:00pm
Sunday @ 9:00am

Bright

Sunday @ 11:00am

St Patricks Whorouly

Last Sunday of the Month @ 6:00pm



Click on the link

Welcome back to Term 4 at St Mary's! I hope you all had a restful and joyful break. We're thrilled to begin Term 4 with a sense of excitement and anticipation for the many wonderful events and learning opportunities ahead.

This term is packed with activities that promise to be both enriching and fun. Our Year 3/4 students are looking forward to their camp adventure to Beechworth, and the whole school swimming program at the Wangaratta Aquatic Centre will be a fantastic opportunity for all students to build confidence and skills in the water. We're also counting down to our St Mary's Parish and School Spring Fling Fete, which will bring our whole community together in celebration and will aim to raise funds to replace the parish hall floor.

It was wonderful to see so many of our Year 4 to 6 students compete in the Division Athletics on Friday at Wangaratta Athletics Centre, with several students qualifying to compete at the regional competition in Albury this Friday. We wish those students competing all the best and know that they will be representing St Mary's with great pride!

Next week, we're especially excited to see the Year 5/6 students shine in their one-act play performances. Their creativity and hard work are sure to inspire us all!

This week's Gospel reminds us of the importance of caring for one another and being a light in our community. Let us continue to live this message by showing kindness, respect, and support to everyone in our school family.

Wishing you all a joyful and successful Term 4!
God bless,
Andrea

STAFF CHANGE FOR 2026

It is with a heavy heart that we share the news that our wonderful music teacher, Rachel Campbell, will be taking 12 months of leave in 2026. Rachel has made an outstanding contribution to the performing arts at St Mary's, enriching our community through her music program, instrumental lessons, school choir, and drama productions. Her presence will be deeply missed, but we wish her all the very best in her exciting new role as Head of Woodwind at Frankston High School.

I would also like to also reassure families that St Mary's is committed to continuing to provide a high-quality performing arts program and access to private instrumental lessons in 2026.

OUT OF HOURS SCHOOL CARE CONTINUES IN 2026

We're pleased to announce that St Mary's will continue its partnership with Myrtleford P-12 College to provide Out of Hours School Care (OHSC) in 2026. This ongoing collaboration ensures our families have access to reliable and supportive care outside regular school hours. We extend our sincere thanks to Mr Zlatko Pear and his dedicated team for their community-minded approach and commitment to maintaining this valuable service for our school communities.

Further information about the 2026 OHSC program will be shared once final details are confirmed.

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.

WELCOMING OUR 2026 FOUNDATION STUDENTS!

This Friday morning, we're thrilled to welcome our 2026 Foundation students for the first of three Kinder transition visits to St Mary's. These visits mark an exciting beginning to their school journey, and we can't wait to meet our Foundation children.

To support families during this important transition, we'll be hosting a Foundation Orientation Meeting on 24th November. Parents will have the opportunity to meet the Foundation teachers, Fr Tony (and maybe his adorable puppy companion!), and receive helpful information about the move from Kinder to school.

Our Future Foundies will then return for three more transition days on November 25th and December 2nd before our Statewide Transition Day on 9th December, giving them further opportunities to become familiar with their new environment and build confidence before the school year begins.

Enrolments for 2026 are still open, so if you know a family considering St Mary's, please encourage them to get in touch!

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
- Email absences to: absent@smmyrtleford.catholic.edu.au

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



YOU ARE INVITED TO JOIN US FOR AN EVENING OF

ONE-ACT PLAYS

FEATURING OUR YEAR 5/6 STUDENTS

23 OCT

EMPAC
STARTING AT 5:30PM
THERE WILL BE VERY SHORT 5 MINUTE INTERMISSION IN BETWEEN SHOWS
COST: FREE

5/6 Jackson
"Wait Wait Bo Bait"

5/6 Corcoran
"Hoodie"

(03) 5752 1808

www.smmyrtleford.catholic.edu.au www.facebook.com/stmarysprimarymyrtleford

DATES TO REMEMBER

OCTOBER

Thursday 23 rd	Year 5/6 Play EMPAC 5:30pm
Friday 24 th	Kinder – Foundation 2026 Visit 10 -11am
Wednesday 29 th	Mango Orders need to be returned.
Friday 31 st	Kinder – Foundation 2026 Visit 10 -11am
Friday 31 st	Assembly EMPAC 2:30pm

NOVEMBER

Monday 3 rd	Pupil Free Day - Report Writing Day
Tuesday 4 th	Public Holiday
Wednesday 5 th	Swimming Wangaratta Year 5/6 & Foundation Year 1
Thursday 6 th & Friday 7 th	MLC Beechworth Camp
Friday 7 th	Swimming Wangaratta Year 5/6 & Foundation Year 1
Friday 14 th	Assembly EMPAC 2:30pm
Friday 14 th	World Diabetes Day Wear Blue Gold Coin Donation
Friday 21 st	Presentation Day Mass St Mary's Church 9:30am Spring Fing Fete 2:30pm to 6:30pm St Mary's Grounds
Monday 24 th	Foundation 2026 Information Evening 5:30pm
Tuesday 25 th	Swimming Wangaratta Year 5/6 & Foundation Year 1
Wednesday 26 th	Swimming Wangaratta Year 2/3 and 4
Friday 28 th	Swimming Wangaratta Year 2/3 and 4
Friday 28 th	Assembly EMPAC 2:30pm

DECEMBER

Friday 5 th	Swimming Wangaratta Year 2/3 and 4
Monday 8 th	Pupil Free Day (Staff PD)
Tuesday 9 th	Statewide Orientation Day
Thursday 11 th	End of Year Mass St Mary's Church 9:30am
Friday 12 th	Assembly EMPAC 2:30pm
Tuesday 16 th	Last Day of Term 4
Tuesday 16 th	Year 6 Graduation Mass

SIMON EVERYWHERE APP

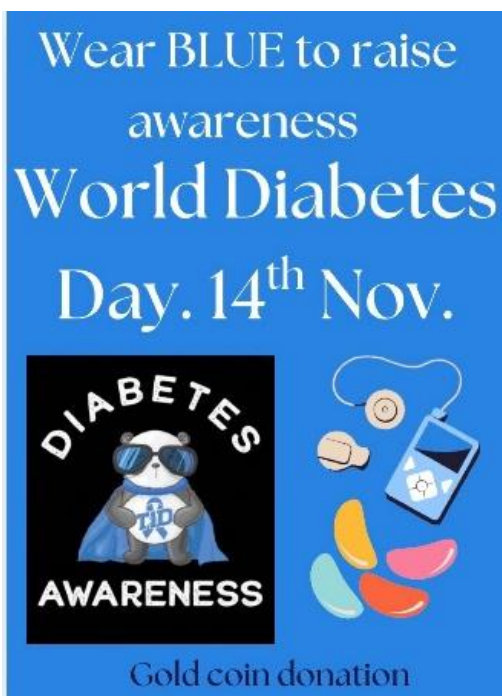
As of Term 4 our Teams App will no longer be used.

If you have not downloaded the SIMON Everywhere app, please do so following the instructions below.

The app allows access directly to PAM via your mobile device, allowing the reporting of student absences, access to student assessment, medical and travel information.

The school will communicate notifications that were previously communicated via Teams App through SIMON Everywhere only from Term 4.

If you require additional support, please don't hesitate to contact the school office.



Wear BLUE to raise awareness
World Diabetes Day. 14th Nov.

DIABETES AWARENESS

Gold coin donation



The **MANGO** FUNDRAISER

Order your Bowen Special Mangoes today!

Pre-order your 7 kg tray of Bowen Special Mangoes (aka Kensington Pride) delivered fresh from the farm!
(approx. 12–23 mangoes per tray depending on fruit size)

Your order makes a difference - thank you for supporting our fundraiser!

Orders close: 28th October 2025
Delivery week: 8th December 2025
Price per tray: \$30.00

*Delivery dates may be changed due to logistical difficulties or seasonal changes beyond our control, your co-ordinator will be notified of any changes.

Mango order forms went home to families on Monday. Orders need to be returned by Wednesday 29th October, Spread the word around to your families and friends.

Orders can be paid by cash or via Eftpos at school.

Dear Lord,

We pray for lasting peace in our world. We ask that those who are suffering the loss of loved ones and their homes will find generosity and compassion from our brothers and sisters worldwide.

Amen

ST MARY'S SCHOOL 'SPRING FLING COMMUNITY FETE' NEWS



Our Next Meeting

Thursday October 23rd at 3:40pm in the Nagle Centre.

Friday November 21st, 2025 - Presentation Day - Spring Fling Fete 2:30pm-6:30pm

CLASS HAMPERS

On Monday 13th October a flyer went home to all students regarding donations of goods for class hamper to be raffled at our fete. Please have a look at this and send in any donations to your child's classroom teacher before Friday November 24th. We appreciate any donations. We are aiming to fill each class hamper basket with goodies to raffle.

<p>St. Mary's Spring Fling Fete</p> <p>CREATIVE CRAFT Hamper</p> <p>Please donate new/unopened craft items for our hamper by Friday 14th of November</p> <p>FOUNDATION</p>	<p>Foundation Hamper Ideas</p> <ul style="list-style-type: none"> Paint Pastels Craft kits Ribbon Plastic jewels Scissors Glue gun Craft apron Craft paper etc 	<p>St. Mary's Spring Fling Fete</p> <p>GARDEN GOODIES Hamper</p> <p>Please donate new/unopened garden goodies for our hamper by Friday 14th of November</p> <p>YEAR 1</p>	<p>Year 1 Hamper Ideas</p> <ul style="list-style-type: none"> Gardening gloves Seeds Small gardening tools Garden ornaments Hand cream for gardeners Pots Twine Small gardening kit etc
<p>St. Mary's Spring Fling Fete</p> <p>FABULOUS FOODIES Hamper</p> <p>Please donate new/unopened food goodies for our hamper by Friday 14th of November</p> <p>YEAR 2</p>	<p>Year 2 Hamper Ideas</p> <ul style="list-style-type: none"> Gourmet items Cheeses Crackers High-quality olive oil Balsamic vinegar Chocolates Nuts Biscuits Dried fruits Picnic blanket Cheese board etc 	<p>St. Mary's Spring Fling Fete</p> <p>MUM'S PAMPER Hamper</p> <p>Please donate new/unopened Mum's pamper items for our hamper by Friday 14th of November</p> <p>YEAR 3</p>	<p>Year 3 Hamper Ideas</p> <ul style="list-style-type: none"> Hand Cream Face cream Nail Polish Loofah Face mask Moisturiser Body oils Nail care kit Bubble bath Bath bombs
<p>St. Mary's Spring Fling Fete</p> <p>JOYFUL CHRISTMAS Hamper</p> <p>Please donate new/unopened Christmas goodies for our hamper by Friday 14th of November</p> <p>YEAR 4</p>	<p>Year 4 Hamper Ideas</p> <ul style="list-style-type: none"> Christmas decorations Christmas Snacks Christmas stockings Christmas cooking items Gingerbread Christmas pudding Bon bons Chocolates Advent calendar Christmas cards/ wrapping etc 	<p>St. Mary's Spring Fling Fete</p> <p>DAD'S DYNAMIC Hamper</p> <p>Please donate new/unopened dad's goodies for our hamper by Friday 14th of November</p> <p>YEAR 5/6LC</p>	<p>Year 5/6LC Hamper Ideas</p> <ul style="list-style-type: none"> Chocolate Biscuits BBQ tools Nuts and cheeses Lollies Coffee beans Hot chocolate Beef jerky Ginger beer Soft drink Dad mug etc



PLANT STALL DONATIONS NEEDED

We are seeking donations of potted plants and cuttings in pots. If you are able to donate some potted plants for this stall, please contact me at jbennett@smyrtleford.catholic.edu.au and I will pass this on to Helen Watts our Plant Stall coordinator. Thank you.



LOCAL PRODUCE STALL DONATIONS NEEDED

We are seeking local fruit and vegetable producers who would be able to kindly donate any fresh fruit, vegetables and other local produce that you could spare for the 'Local Produce' stall. Please email me on jbennett@smyrtleford.catholic.edu.au and I will pass the information on to Bridgit Mellroy, our Produce Stall coordinator.



HELP NEEDED

We are seeking someone willing to run the hot chips and drinks stall at the fete. If you would be willing to do this, please contact me at jbennett@smyrtleford.catholic.edu.au



FLOWER STALL DONATIONS NEEDED

St Mary's Community my name is Steph Piazza and I will be helping Sally Lewis run the flower stall for our upcoming Spring Fling Fete. We are asking if anyone would be happy for us to come to their gardens and give a light prune so as to gather some flowers/greenery for the stall.

If you would like to donate flowers we only ask that the stems be at least **30cm long** so as to make it easy to make our bunches. We are also seeking some kids pool shells to put our bunches in on the day. Everything will be labelled and returned to you after the fete.

Any donation will be needed by Thursday 20th October after school. If anyone is keen to learn how to put bunches together, I will be starting to arrange Thursday evening.

You can leave a message with the office staff or call me Steph on 0409 577 788.

If you would be willing to help with either of these, please contact me at: jbennett@smyrtleford.catholic.edu.au

Thank you,
Jo Bennett



JUNIOR NEWS

Welcome to Term 4...

The students are well and truly settled in after the holidays! This term is a busy term and will pass by in the blink of an eye! We are looking forward to a fun final term to the 2025 school year.

FOUNDATION

The foundation class is busy with another student teacher. We welcome Charlotte Rosser to our class for the first four weeks of term. Charlotte is in her final year of teaching at La Trobe University and will be teaching students lessons most of the time. The students have loved having student teachers in our class.

RELIGION

In Religion we are learning about our unique identity. We have begun discovering what makes us unique and what makes us all individual. Students are saying prayers with a focus on thanking God for these characteristics. Lessons have been based on the picture storybook 'Koala Lou' by Mem Fox. Students created a mobile of their own characteristics. photo

INQUIRY/LETI

In LETI students were introduced to Life Cycles, Healthy Lifestyles and Living Things and their needs. Students have begun wondering and asking questions about these topics. photo

MATHS

In Maths students have been learning about data collecting and sorting. Students used a box of buttons to sort into colors as an introduction and have moved into learning about collecting data and questions they can answer using data.

LITERACY

In Literacy students have been learning about digraphs (two letters that make one sound). They have been reading in reading groups and writing sentences. Miss Rosser our student teacher has been learning the actions to the sounds from the students.

YEAR 1

In Literacy, we have been studying contractions and the purpose of the apostrophe. We have spent time reading and analysing the story 'Jack and the pirates' by Peter Bently. On Tuesday we studied the vocabulary 'spy', 'holler' and 'abandon'. We completed an activity where we had to choose three items to save and what to abandon when our car 'sank' in the mud. The students had well thought out and very interesting reasons for saving each item.

In Mathematics, we have been studying data collection and collation and will be completing an assessment on our understanding. We are now starting to study location and direction.

In Religious Education, we have started our new unit on 'Our call to mission'. We have discussed the meaning of mission and what it means for us. We read 'The Rainbow Fish' and explored why the fish shared its scales with the other fish. We made connections to Jesus' mission and the mission of Nano Nagle as well as Mother Teresa. We are now moving on to what type of missions we could possibly undertake.

YEAR 2 - MATHEMATICS

We have been into the wonderful world of fractions. Students have explored halves, quarters, and wholes through practical activities and visual models. We've also begun using arrays to help divide collections into equal parts, supporting our understanding of fair sharing and equal groups. These activities are building strong foundations in number sense and preparing students for more complex mathematical thinking.

LITERACY

In reading we've continued with a class novel, and we are currently up to Chapter 14 of George's Marvellous Medicine, and the students have really enjoyed the humour and creativity in the story. Writing last week involved some persuasive writing, students designed their own pamphlets for 'Cranky's Magical Medicine', using strong language and imaginative ideas to convince readers. We've also been learning about contractions and how they make our writing more natural and fluent.

In spelling, we've focused on choosing 'c' or 'k' for the /k/ sound—generally using 'k' before e, i, or y. A special mention to Eve, who spotted the exception "Kane"—great observation! We've also been working on tricky words like together, though, any, and many, building confidence in reading and writing. It has been great to see readers coming back in regularly again – thank you Year 2 students and families.

LIBRARY

With some timetable changes to our assembly days, we are now having our school library visit on Mondays at 2:30-3:00pm. A note went out last week.

MIDDLE NEWS

Welcome back to Term 4! We're excited to begin the final term of the year with plenty of engaging learning experiences and memorable moments ahead.

ENGLISH

In English, our Year 3 students are reading *The One and Only Ivan* by Katherine Applegate - a heartwarming story that encourages empathy, imagination and thoughtful discussion.

Our Year 4 students continue their journey through *His Name Was Walter* by Emily Rodda, a mysterious and beautifully crafted novel that's sparking curiosity and deep thinking.

CAMP

A highlight this term will be our Year 3/4 overnight camp to Beechworth on November 6th and 7th. This is a wonderful opportunity for students to build independence, strengthen friendships, and enjoy hands-on learning in a unique historical setting. We are very much looking forward to it.

RELIGIOUS EDUCATION

We'd like to extend our warmest congratulations to Evie, who was Baptised last Sunday. Evie made the thoughtful decision to be baptised of her own accord, and we are incredibly proud of her. It's a beautiful reflection of her personal values and growing sense of identity. Well done, Evie!



This term, our Religious Education topic is 'Reaching Out and Serving Others'. The Year 3/4 students are exploring what it means to care for others and live out the values of kindness, compassion and service. Through stories from Scripture and real-life examples, students will reflect on how they can make a positive difference in their families, school and community.



SENIOR NEWS

Welcome to Term 4

Welcome to what will be a very busy and exciting Term 4! Please make sure you are keeping up to date with messages posted on Simon Everywhere and through email communications.

SLC Play

Our SLC Play will be held next Thursday, 23rd October, and students have been working extremely hard learning their lines. Please continue to support your child by rehearsing lines at home and encouraging clear voice projection. Ensure your child knows what costume or prop they require and is aware of their arrival time for the performance.

Key Dates – Term 4

October

- 17th - Play Rehearsal at EMPAC
- 20th - Play Rehearsal
- 23rd - SLC Play – 5:30 pm at EMPAC (students to arrive by 5:15 pm)
- 30th - Cyber Safety with Haley McDonald

November

- 3rd & 4th - Pupil Free Days
- 5th - Swimming, Wangaratta
- 7th - Swimming, Wangaratta
- 21st - Presentation Day & Spring Fling Fair
- 25th - Swimming, Wangaratta

December

- 3rd - Swimming Carnival
- 8th - Pupil Free Day
- 9th - Statewide Transition
- 11th - End of Year Mass
- 16th - Year 6 Big Day Out and Graduation Mass (6:00 pm)

DIVISION ATHLETICS

Well done to all students who represented St Mary's at the Division Athletics last Friday in Wangaratta. You all did St Mary's proud. Congratulations to Claye, Lexi, Dylan and Phoebe who will be competing at the next stage in Albury tomorrow

ENGLISH

This term, we are reading *Can You See Me?* — the story of an autistic eleven-year-old girl navigating Year 7, friendships, and the world around her.

It is an insightful and thought-provoking novel. We encourage families to read and discuss it together.

Our writing focus this term is Persuasive **Texts**, and we continue to emphasise spelling, word etymology, and sentence **structure** development.

MATHEMATICS

In Mathematics this term, we are focusing on:

- Graphing and data representation
- Percentages, fractions, and decimals
- Revision of BODMAS
- Angles

YEAR SIX STUDENTS

We are preparing for our End of Year Mass and Presentation.

Please send through two photos of your child — one baby photo and one from kinder or their first day of school — to jackson@smyrtleford.catholic.edu.au as soon as possible.

The Year 6 Big Day Out in Wangaratta will be held on Tuesday 16th December followed by the end of year Mass, at 6:00pm St. Mary's church. Permission forms will be distributed via Simon Everywhere shortly.

SPRING FLING FAIR

Each class is contributing to the Spring Fling raffle. We ask families to donate items for class hampers/baskets, which will be raffled on the day. Your support is greatly appreciated!

REAP DAY EXCURSION

Today the Year 5/6 students participated in the REAP Day Excursion, it was a fantastic opportunity for students to engage with local emergency services and learn more about the vital work of our frontline responders. We will post photos in the next newsletter. Students demonstrated curiosity and respect throughout — well done to everyone!


JAPANESE DRUMMING INCURSION

Students thoroughly enjoyed the Japanese Drumming sessions with Kiyomi last Wednesday. In addition to the workshops, Rachel organised an afternoon performance, and several Year 6 students were invited to perform alongside Kiyomi — a wonderful experience! Thank you to Rachel and Kiyomi for making this event so engaging and memorable. Photos will be in the next newsletter.

Have a great week,
SLC Teachers


WANGARATTA ZONE SPORTS PARTICIPANTS





Therapy Services

Individual Adult Family Violence Counselling in Wodonga



Supporting Clients Effected by Family Violence?

Our Services Include:

- Individual counselling for adults,
- Risk & Safety informed practice,
- Collaboration with other services for holistic care
- Culturally responsive and trauma-informed practice

Referral Criteria:

- Clients impacted by family violence (current or historical)
- Open to voluntary engagement & mandated referrals
- Suitable for short-term or ongoing support

Session Fees:


- Our program is fee-for-service
- Service Funded Fees: \$220
- Self Funded Fees: \$180—\$220
- Sessions are available in Wodonga

Why Refer to Us?

- Experienced counsellors with expertise in family violence
- Evidence-based therapeutic interventions provided
- Flexible service delivery (in-person, phone, or online)
- Partnerships with local agencies

How to Refer:
You can access our enquiry form and referral forms online at: www.umfc.com.au or via the QR code below.

For further information or to speak to our team contact via our email: therapyservices@umfc.com.au



Together, we can support recovery and safety for families in our community



Therapy Services

Services for Professionals and Organisations




UMFC offers tailored professional support to enhance practice, build capacity, and foster professional growth. We are committed to sharing knowledge and skills with professionals in the field.

What We Offer:

Consultation Services
One-time targeted professional support for practitioners, counsellors, and professionals.

- Case Reflection** – Gain new perspectives and strategies for client cases
- Reflective Practice** – Explore theories, models, and frameworks
- Recommendations and Advice** – Receive informed suggestions for your work

Supervision, Coaching and Reflective Practice
A collaborative space to enhance skills, promote best practice, and support professional well-being.

- Enhance skills and knowledge, and deepen your application of theory to practice
- Engage in clinical reflection and ethical problem-solving
- Build self-awareness and insight
- Explore workplace roles, team dynamics, self-awareness, and professional relationships
- Promote self-care, well-being, and early intervention to prevent burnout and address vicarious trauma

Available as Individual or Group sessions tailored to your needs.

Tailored Training
Custom workshops and professional development training to meet your specific needs.

Our Team and Expertise
Our team is made up of experienced, compassionate therapists with diverse expertise across all our services.

Check out our website or scan the QR Code for more further information about these services and our areas of expertise, passion, and knowledge.

Make an enquiry today!




Therapy Services

Individual Adult Family Violence Counselling in Wodonga



Healing doesn't mean the damage never existed. It means the damage no longer controls your life.

Are You Feeling Unsafe or Overwhelmed at Home? You are not alone. Help is available.

We offer confidential, compassionate support for individuals affected by family violence.

Our Counselling Can Help You:

- Understand and navigate your situation safely
- Rebuild confidence and emotional wellbeing
- Access practical support and resources
- Make informed decisions for yourself and your family

Who Can Access This Service?

- Adults impacted by family violence
- People of all backgrounds, genders, and identities

What to Expect:

- Safe, respectful, and non-judgmental environment
- Trauma-informed and culturally sensitive approach
- Support tailored to your needs

Session Fees:
Our program is fee-for-service
Cost per session ranges from \$180-\$220
Referral forms are available via our website

Contact Us:
E: Therapyservices@umfc.com.au
W: umfc.com.au



Your safety and wellbeing matter. Reach out when you're ready.



Spotlight Sessions



Focused Support When You Need It Most

Sometimes, you just need meaningful support in the moment. Our Spotlight Sessions shine a light on what matters most to you by providing dedicated time to address a specific goal or topic.

What are Spotlight Sessions?

- Short-term, focused sessions designed to meet your needs in the here and now
- Get the support you need with minimal wait times
- A flexible, goal-driven approach tailored to your specific situation

Session Details:


- 15-minute intake call – Understand your needs and set your focus
- Brief pre-session questionnaire – Gather insights to maximise your session
- 60-90 minute focused session – Dedicated time to work through your goals
- 15-minute follow-up call – Reflect and discuss next steps
- Short post-session questionnaire – Measure progress and feedback

Looking for Deeper Reflection?
Ask about our Spotlight Sessions with a Reflective Team, where a team of therapists collaborates to offer insights, ideas, and personalised suggestions for your journey.

Visit our website for details and to make an enquiry






Scan Me



Therapy Services

Supporting children, individuals and families on their journey to healing, growth, and connection

At UMFC, we celebrate and support families as they define themselves. We believe in your strengths and insights, walking alongside you to shape a path toward healing, growth, and deeper connection.

Why Choose Us? What Makes Us Different?


- Tailored Therapy** – Talking, play, expressive arts and nature-based therapy.
- Family & Systemic Lens** – Understanding individuals within their family and social context.
- Experienced & Professional Therapists** – Compassionate and skilled professionals.
- Trauma-Informed & Inclusive** – Client-centered, safe and empowering approach
- Community Connections** – Strong links to local services and supports.
- Flexible Therapy Options** – In-office and telehealth sessions available.

Services for Children, Individuals and Families:


- Family Therapy** – Strengthen or repair relationships and improve communication
- Relationship Therapy** – Tools for connection, intimacy, and healthy dialogue.
- Parent Therapy** – Explore your parenting journey and achieve meaningful goals.
- Child and Adolescent Therapy** – Supports emotional regulation and personal growth.
- Individual Adult Therapy** – Navigate life stressors and personal healing.
- Spotlight Sessions** – Focused sessions to address specific goals or challenges.
- Family Violence Counselling** – Specialised, trauma-informed counselling. – *Coming soon*
- Group Programs** – Bringing people together to learn, grow, and enhance wellbeing.

Additional services upon request (care team meetings, travel, external system work).

For more information or to make a referral, visit our website or scan the QR code below.




Scan Me



NDIS Counselling

Empowering your wellbeing through counselling



Supporting NDIS Participants with Self-Managed or Plan-Managed Funds Adults, Children and Adolescents | Capacity Building - Improved Daily Living

Services Offered

- Individual counselling for adults
- Child and adolescent therapy
- Support for anxiety, depression, trauma, emotional regulation, relationships, and more
- Sessions tailored to your NDIS goals

Benefits of Counselling

- Improve emotional wellbeing and daily functioning
- Build resilience and coping strategies
- Enhance communication and social skills
- Support through transitions and life changes

NDIS Alignment
Our services are claimable under Capacity Building – Improved Daily Living and suitable for NDIS participants managing their own plans or working with a plan manager.

About Our Practitioners
Qualified and experienced therapists offering:



- Trauma-informed care
- Neuro-affirming approaches
- Culturally sensitive support
- Family focused lens

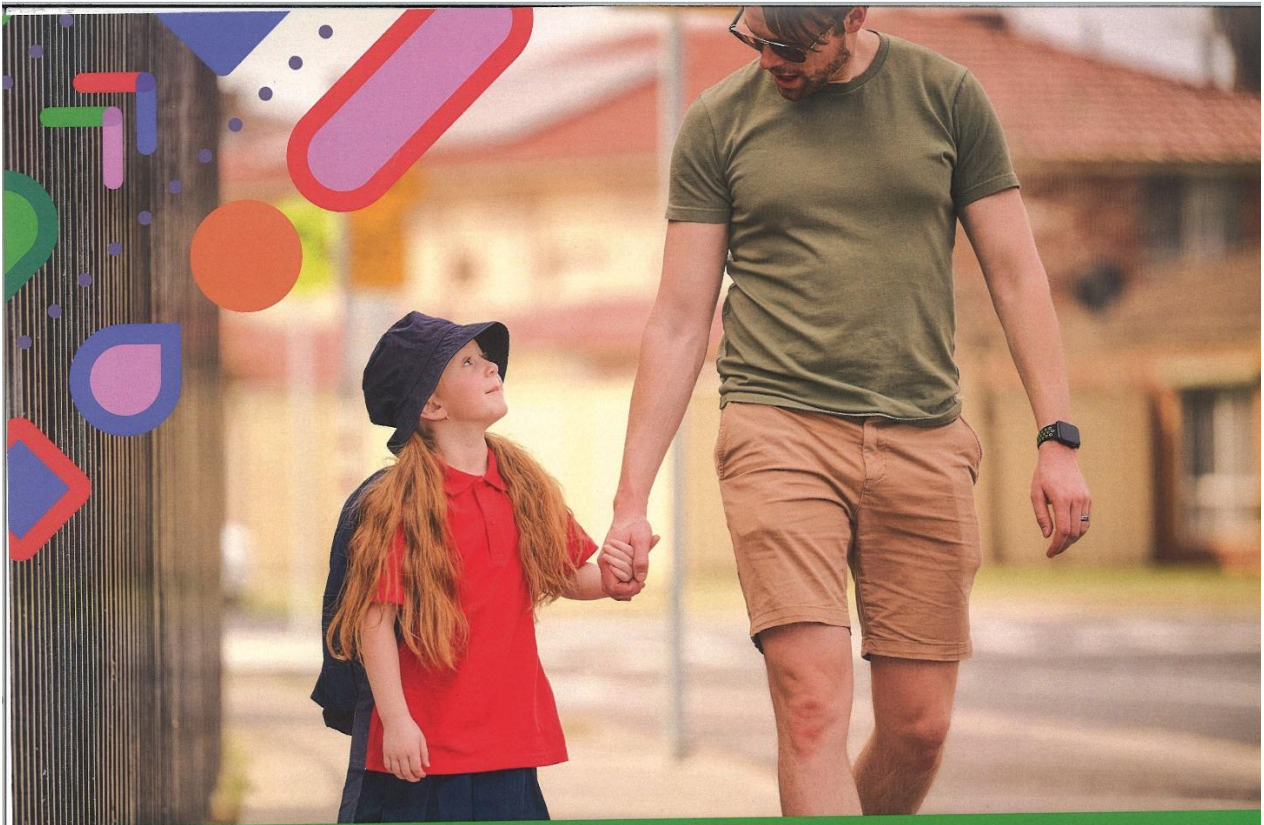
Location and Format

- In-person sessions available in Wangaratta and Wodonga
- Potential outreach options available upon negotiation
- Telehealth options for flexible access

Ready to Begin?
Contact us today to discuss how counselling can support your NDIS goals. Direct referrals can be accessed via our website for ease of access.

Contact Us
Phone: 02 6055 8000
Email: Therapyservices@umfc.com.au
Website: Therapy_Services_Upper_Murray_Family_Care



Make the journey to primary school as safe as possible for your child.

The TAC has developed a range of new resources just for Prep families – engaging content and simple, practical advice to help parents and carers establish safe travel habits from day one.



Scan this QR code and view the resources to spark important conversations about safe travel to and from school.

Helping our youngest students travel safely to and from school is a priority we all share.

Let's work together to make every school journey a safe one.





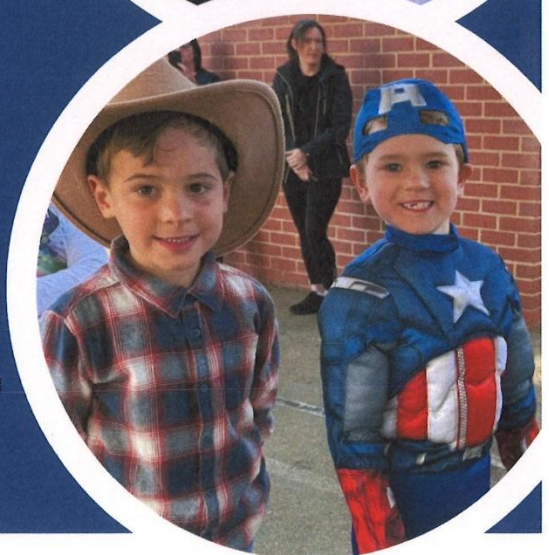
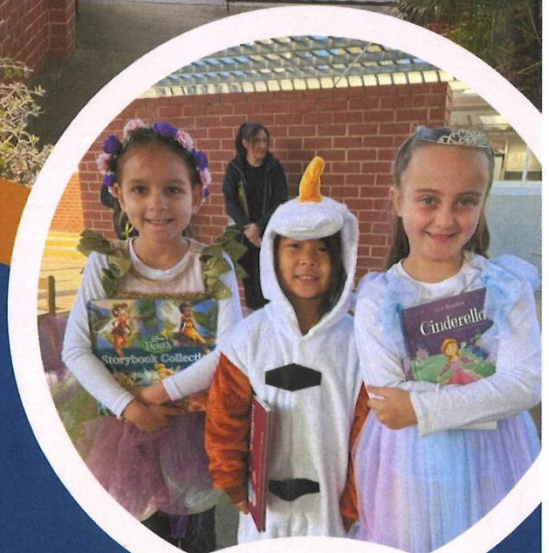
2026 FOUNDATION TRANSITIONS

Getting ready for Foundation is an exciting time for you and your child, but can also bring its share of worries and questions. At St Mary's, we are here to help support your family as best we can.

The children will have an opportunity to attend transition sessions with their kinder or family as well as on their own. These sessions are designed to be a safe and welcoming way for your child to get familiar with their new environment, peers and teacher.

Enrolment interviews will also be scheduled in November. This is the perfect opportunity for you to share information and ask questions.

- ✓ Mountain View Kinder Visits
October 17, October 24, October 31
10-11am
*Students from all kinders welcome, parents must stay for the session
- ✓ Transition Day #1 - November 25, 9-11am
- ✓ Transition Day #2 - December 2 9-12:30pm
- ✓ Statewide Transition Day - December 9
9am-2:30pm



 (03) 5752 1808

 www.smmyrleford.catholic.edu.au

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