



# St Mary's Newsletter

## TERM 1, WEEK 9

It's already the last week of Term 1, can you believe it? Well probably, with all that we have fit into the last 8 weeks! My highlights of this term have included: Swimming Carnival (on day 2), Parent Info Night, Pancake Tuesday, Ash Wednesday mass, Beginning of Year Mass and Gathering with the food trucks, Swimming Program in Week 4, Kylie Smith's presentation on the Gospel of Mark, meeting Kate Fogarty at the first Principal's Briefing, Clean Up Australia Day, HUB Mass and Dinner followed by HUB Staff Spirituality Day in Week 6, Good Samaritan Cup in Kerang, Learning Conversations, Harmony Day and Casual Clothes for St Joes ... just to name a few!! I am looking forward to our Stations of the Cross liturgy on Thursday to finish up the term.

On the weekend we celebrated Palm Sunday - Jesus' triumphant entry into Jerusalem, not as a victorious king but as a humble servant of God. It reminds us of those glorious moments in our lives as well as the sufferings we need to endure in our lives sometimes caused by ourselves or by others or by difficult situations. It also shows that the people who were singing hosanna and praising Jesus would one week later be the same people joining in Jesus' opponents shouting 'crucify him, crucify him!' Popularity is a fleeting phenomenon. Palm Sunday is a reminder that we need to strive to secure the recognition of God when our temptation is to secure the approval of people for our persons or our actions.

I had a fantastic time at the biannual VACPSP (Victorian Association of Catholic Primary School Principals) Conference in Lorne this past week. Thank you Mrs Williams and Miss Cartwright for leading the school in my absence. My highlights at the conference included Ashley Fell (Social Researcher) who spoke about the current generation of children in primary education. They are known as Generation Alpha (you may be a Baby boomer, Gen X, Y, Z? Gen Alpha's are born between 2012-2024). They are growing up in a completely different world than the one most of us grew up in. Ashley spoke about their challenges and also their opportunities and the role we as parents and educators play in these. Craig Foster (former Soccerroo and social activist) told his story of how he uses his 'social credit' to help bring attention to the refugee crisis currently taking place in (and offshore) Australia. He also spoke about the gender pay gap among professional athletes. Craig spoke of using logic and clarity when putting forth an argument, but also the importance to listen more than you speak. Saroo Brierley is an amazing human being with a life story that is unbelievable! Saroo grew up in rural India and one night caught a mystery train looking for his brother. Saroo was 5 years old and ended up lost in Calcutta (over 3hrs away from his home town- which he didn't know the name of!). He spent years living on the dangerous Indian streets, spent decades searching for his home (using Google Earth), was adopted by a couple from Hobart and has had a movie (called Lion) made from his memoir 'A long way home.' Jelena Dokic was equally inspiring sharing her story beginning as a 6 year old who started playing tennis in former Yugoslavia. Twice a refugee, Jelena and her family ended up living in Australia. Jelena spoke of the years of physical and emotional abuse she suffered from her father, how it almost broke her, and how she eventually overcame these incredible challenges to find her self worth and self value.

This week we have a bit to fit into the 4 days leading up to Good Friday. On Wednesday we will celebrate the term with our PBIS Whole School reward - St Mary's Cinemas. Thursday will begin with an 8:45am Easter Bonnet parade, followed by our Stations of the Cross liturgy at 10am. Families are invited to both events. We will have an early lunch (1:20-2:00pm) on Thursday so learners are ready to begin their Easter holidays at 2:15pm.

Staff are currently busy planning our new units for Term 2. They are excited about our Inquiry units involving Living things, habitats and life cycles. Our R.E. focus will move to the Sacraments of the Church as we lead up to Confirmation/Eucharist and Reconciliation later on in the year.

And just a reminder about our staff movement occurring shortly. Mrs Mullavey will be taking maternity leave from the beginning of next term, and Mrs Walker is very excited to be taking over in the Yr2/3 room on Thursdays and Fridays. Then at the beginning of Term 3 Mrs Lamb will take maternity leave and Mrs Walker will be the full time Yr2/3 teacher with the support of Mrs Patterson (LSO). I know Mrs Walker is looking forward to moving back into the classroom and will provide these learners with wonderful learning experiences. We are currently working through options to replace Mrs Walker's Specialist roles (Auslan and P.E.). Also at the beginning of Term 2, Mrs Kelly will take 5 well-earned weeks of Long Service Leave. Ms. Kath Moore (who has done many CRT days at St Mary's) will teach the Yr5's on these Thursdays and Fridays and is looking forward to joining the staff on a more regular basis.

Thank you for your support and partnership throughout such a busy Term 1! As the world takes a break during this Easter period, I encourage you to reflect on the impact the model of Jesus Christ has on your life and the lives of your family members. Have a restful and well deserved break, travel safe if you are on the roads over Easter and take care of yourself.

Take care and God bless,

*Jarrold Mullavey (Principal)*



# PRAYER



## St Mary's Cohuna - Term 1- Families - 2024



### *Week Dates & Items*

9

- Tues 26th Mar - Division Summer Sports (new date)
- Thurs 28th Mar - Last day of Term 1
- Fri 29th Mar - Good Friday
- Sund 31st Mar - Easter Sunday



### Education is a Partnership

Young Person + Family + School  
= Emotional Success

Work with your school to support  
your young person



# HAPPY BIRTHDAY!



**26th March  
Amelia Hammond**

**29th March  
Summer Savage**



## Holiday Birthdays

**1st April  
Jemma Thies**



**5th April  
Hughie Keely**



**6th April  
Alby Pollock**





**come find your awesome**

**JOIN YOUR LOCAL AUSKICK CENTRE TODAY!**

Plenty of Fun for Boys and Girls 5-12 years of Age  
Meet new friends and get an awesome Auskick Pack!

REGISTER by the 17th March 2024 to be in the draw to WIN a signed 2024 CARLTON Jumper plus tour of Ikon Park & 4 tickets to a mutually agreed Carlton Game in 2024

[play.afl/auskick](https://play.afl/auskick)

# HOLIDAY FOOTY FRENZY

BOYS + GIRLS  
5-14 YEARS OLD

PROUDLY PRESENTED BY

Fitzpatrick Cup + Medal  
Draft Day  
Trades  
Tribunals  
Successful state wide program

## 2 FULL DAYS

April 2nd + 3rd (Easter School Holidays)  
8:30am - 5:00pm  
\$80 for 1 day - \$150 for both days  
Victoria Park, Echuca

**BOOK NOW**

Ages 5-10  
Every Home Game  
10am

CAT WHINFIELD: 0428 152 194

## REGISTRATIONS NOW OPEN

**COHUNA AUSKICK CENTRE**  
COME & TRY NIGHT THURSDAY 28TH MARCH AT  
4:45PM AT THE COHUNA FOOTBALL COMPLEX  
**FREE BBQ TO FOLLOW**  
Registrations now open. Sessions will run for an hour on Thursdays at 4:45pm. Head to Cohuna Auskick 2024 facebook page for more information

YOU'RE INVITED TO OUR  
**YEAR 7 2025  
INFORMATION  
EVENING**

WEDNESDAY  
8 MAY AT 7PM



SCHOOL TOURS: MONDAY 6 MAY  
11AM, 2PM, 4:30PM

**LAST DAY OF TERM 1**  
THURSDAY, MARCH 28TH

**EASTER BONNET PARADE**

Learners are encouraged to create an Easter Bonnet  
9AM, UNDER THE COLA



**STATIONS OF THE CROSS**

Families are invited to join us for our Stations of  
the Cross liturgy  
10AM, IN THE CHURCH



2:15PM FINISH



**St. Joseph's  
College Echuca**  
STRENGTH & KINDLINESS



## Year 7 2025 Information Evening

Thursday 2 May 2024 - Kildare Campus

**INFORMATION EVENING**

Session 1: 5pm - 6pm  
Session 2: 6.30pm - 7.30pm

**Register now via our website:**  
[www.sje.vic.edu.au/2025-information-evening](http://www.sje.vic.edu.au/2025-information-evening)

**KILDARE LEADERSHIP TOURS**

Thursday 18 April 2024: 9am & 4pm  
Monday 22 April 2024: 12pm & 4pm  
Monday 29 April 2024: 9am & 12pm

**Register now via our website:**  
[www.sje.vic.edu.au/kildare-leadership-tours](http://www.sje.vic.edu.au/kildare-leadership-tours)

For more information please contact  
Mrs Brianna James on 03 5469 0202 or email  
[registrar@sje.vic.edu.au](mailto:registrar@sje.vic.edu.au)





**goodFriday**  
appeal THE ROYAL CHILDREN'S HOSPITAL



**Cohuna Lions Club needs your help to help them!!**

Volunteers needed for  
Good Friday Appeal 'Door Knock'  
Friday 29<sup>th</sup> March 2024

If you would like to help, please contact  
Faye Donaldson~ Secretary  
0488 043 339



**FUNDRAISING CHOCOLATE BOXES AT  
FRONT OFFICE.  
PLEASE SUPPORT**



**IF ANYONE IS AVAILABLE TO  
DEAD HEAD THE ROSES IN  
THE ST MARY'S FRONT  
GARDEN IT WOULD BE VERY  
MUCH APPREICATED.**





# GRADE 6 CLASS WORK

In Year 6 we have been looking at an Aboriginal artist called Laurel Nannup. She tells stories through etchings and photographs. These illustrate her childhood memories of place, events and people, all of which contribute to an overview of her life. In class we discussed our own happy memories and picked one to carve into the lino. We used black ink to coat the lino and press onto the white paper.



### Your Donation Partner ID & next steps

Now you've received a Donation Partner ID, you're on the way to raising funds from CDS Vic. Please take note of these important details and follow the steps below to complete the process of activating your Donation Partner ID with Zone Operator/s.

**C2000010464**



The St Mary's Sustainability Group are starting up a fundraiser to raise money for the school veggie garden "Everyone Welcome Garden". To buy more seedlings, soil, sand, and tools.

Also some more seats for the school garden.

We would love a sturdy Green house, and hope that you and your family could help. It is easy, no cash on your side. Just your empty aluminium, glass, plastic and liquid paperboard (carton) drink containers between 150mL and 3 litres are eligible. You can keep the lids on, They recycle them too.

**Look for the 10c mark on the drink container label. It is often located near the barcode.**

Take to the back of the Neighborhood house, and tell them you would like to donate to St Mary's Sustainability group. They will do the rest.

Even family, and friends that live away, can donate at their nearest Container deposit centre.



We are also up to harvesting our vegetables. We will have corn, potatoes, cherry tomatoes, zucchini, and squash for eating, and selling soon we hope. Thanks to Mrs Jones, Jarrod, Mrs Williams, Levi Spring, Jax Taylor, Peter Fawcner, and Val Spring who helped with the care of the garden over the holidays.

We have been eating tomatoes, cheese and cucumbers on a cracker, during lunch breaks. Children who told me they did not like these vegetables, had a try and surprised themselves how delicious they were.

**VICTORIA'S CONTAINER DEPOSIT SCHEME**

Check for the 10c mark

**DONATE YOUR DRINK CONTAINERS TO COHUNA ST MARY'S SUSTAINABILITY GROUP**

**EVERY CONTAINER YOU RECYCLE CAN EARN 10c FOR OUR CAUSE**

We are raising funds for:  
**GARDEN GREEN HOUSE**

**VISY** FOR A BETTER WORLD  
**CDS VIC**  
**VICTORIA** State Government



## MARRIAGE ENCOUNTER Weekend

### “Live Your Best Married Life in Love”

Every relationship is a journey and the grind of everyday life can cause you to lose touch with your spouse.

This experience gives married couples the tools to keep your passion alive in a gentle, nurturing environment, away from pressures and distractions of daily living.

The weekend is based around Catholic values and couples of all faiths are welcome.

**Please check our website for more details.**

**12-14 April 2024** in Melbourne

Information/Bookings: Phone **Mercy & James 0409 183 676** or

Email: [vicbookings@wwme.org.au](mailto:vicbookings@wwme.org.au)

Website: [wwme.org.au](http://wwme.org.au)



A Cohuna and District Progress Association event

**COHUNA**  
Progress Inc.

**Wonka**

TIMOTHEE CHALAMET IS  
**WILLY WONKA**

**NOW SHOWING**

31st March 2024 at  
Cohuna Rec Reserve

Gates open at 6pm;  
movie to start at 7pm

BYO alcohol, chairs, and rugs  
BBQ dinner, snacks, and non-alc  
drinks available for purchase

\$5pp or \$15 for family



## MENTAL HEALTH AND WELLBEING KEY FACTS

- In Australia, 1 in 12 children aged 4-11 years have a diagnosed mental health disorder
- 20 percent of children experience mental health difficulties that affect their daily living
- Over half of all adult mental health problems have their origins before the age of 14
- 9 hours per year with a health professional - over 1000 hours in class
- Social and emotional competence, academic achievement and mental health are all highly related

Focus on early intervention and prevention - happy, healthy, resilient, tools and strategies

*By sitting and mindfully breathing for ten minutes a day,  
in as little as eight weeks*

*You can strengthen the part of the prefrontal cortex  
Involved in generating positive feelings  
And diminish the part that generates negative ones.*

**Richard Davidson, Ph.D.**



### BENEFITS FOR ADULTS AS WELL

Mindfulness - Dr Craig Hassed

[https://www.youtube.com/watch?v=IsXxvPWd\\_k](https://www.youtube.com/watch?v=IsXxvPWd_k)  
(4 minute video)

The St Vincent de Paul Society is an international organisation operating in 153 countries and has over 800,000 members worldwide. The Society has a presence on every continent in the world with the exception of Antarctica perhaps. Mrs Mathers in her role as chaplain at our school is also a St Vinnies Kerang member. She is able to assist families with food vouchers or other resources that families require. You can make appointments to see her if a need arises. Please do not hesitate to contact the school.

**"Helping one person may not change the whole world, But it could change the world for one person."**

God Bless Mrs Mathers



*St Mary's acknowledges and pays respects to the traditional custodians of the land on which we meet: the Barrapa Rappa People, and pay respects to elders both past and present.*



School Term Dates 2024:

Term 1: 29th Jan - 28th March

Term 2: 15th Apr - 28th Jun

Term 3: 15th Jul - 20th Sep

Term 4: 7th Oct - 20th Dec