



## *St. Mary's School Newsletter*

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**Term 1 - February 8th 2024 No.1**

### PRINCIPAL'S REPORT



Dear Parents, Families and Friends,

I hope each of you enjoyed a wonderful holiday season, surrounded by the warmth of family and friends. Our staff and students have returned, and it is pleasing to witness the transition into our new routines. The enthusiasm and positive energy radiating from our staff and students are truly contagious. A warm welcome to our newest member, Achilles and his parents, Allyson and Tynan, who have recently joined our close-knit community. We are delighted to have you as part of the St. Mary's family and look forward to building lasting connections.

Our dedicated teaching staff has been hard at work, collaborating closely to plan and deliver evidence-based instruction to our students. This collaborative effort ensures that our students receive a high-quality education, tailored to meet their individual needs.

A focus this year for St Mary's is actively cultivating a growth mindset for our community. Embracing the principles of a growth mindset means fostering a belief that intelligence and abilities can be developed through dedication, perseverance, and hard work. Our educators encourage students to view challenges as opportunities for learning and emphasise the importance of resilience in the face of setbacks. This approach not only instils a sense of optimism and enthusiasm for learning but also empowers students to take on new and challenging tasks with confidence. The benefits of a growth mindset extend beyond academic success, promoting a lifelong love for learning, increased motivation, and the development of essential life skills such as problem-solving and adaptability. As a result, in our school community, we aim to inspire all members to reach their full potential, fostering a culture of continuous improvement and achievement.

Together, as partners in education, we will continue to foster an environment where our students thrive academically, socially, and spiritually. I extend my gratitude for your ongoing support and commitment to St Mary's. The collaborative efforts of our dedicated staff, engaged students, and supportive families set the stage for a wonderful year filled with growth, learning, and achievements.

Last night marked a significant milestone for our school as we eagerly hosted our first information evening in four years. The event witnessed an overwhelming turnout, with an engaged audience comprising parents, guardians, students and community members. The evening provided a valuable platform to spotlight the dedicated efforts of

our teachers and educators in addressing the unique needs of each student. We discussed a detailed presentation on our cutting-edge Science of Reading Literacy program, an exploration of various subject areas, insights into our assessment methodologies, and essential information related to the school's ethos and future initiatives. The atmosphere was vibrant and collaborative, fostering a sense of community involvement and shared commitment to educational excellence. Following the informative session, the festivities continued with a community BBQ, attracting a large crowd. The success of the evening not only reflected the school's commitment to transparency and communication but also reinforced the strong bonds within our school community.



Starting this Friday, we are thrilled to announce the commencement of both swimming and gymnastics activities. Our students will have the opportunity to dive into the refreshing world of swimming, honing their aquatic skills and fostering a love for a healthy, active lifestyle. Additionally, the gymnastic sessions will provide a dynamic space for students to engage in various physical activities, promoting fitness, teamwork, and overall well-being.

*Stephen O'Shannessy*  
Principal

## CALENDAR

TERM 1, 2024	
Friday 9th February	Gym & Swimming
Tuesday 13th February	Shrove Tuesday School Council Meeting - 6pm
Wednesday 14th February	Ash Wednesday Foundation Rest Day 3
Friday 16th February	Gym & Swimming
Wednesday 21st February	Foundation Rest Day 4
Thursday 22nd February	Learning Conversations 2pm - 5pm
Friday 23rd February	Gym & Swimming
Wednesday 28th February	Foundation Rest Day 5
Friday 1st March	Gym & Swimming School Assembly - 9:00 am

Wednesday 6th March	Foundation Rest Day 6
Thursday 7th March	Gym & Swimming
Friday 8th March	PUPIL FREE DAY Staff Spirituality Day
Monday 11th March	PUBLIC HOLIDAY
Wednesday 13th March	NAPLAN - Grades 3 & 5
Thursday 14th March	NAPLAN - Grades 3 & 5
Friday 15th March	Gym & Swimming
Monday 18th March	NAPLAN Catch up
Tuesday 19th March	NAPLAN - Grades 3 & 5
Wednesday 20th March	NAPLAN - Grades 3 & 5
Thursday 21st March	NAPLAN Catch up
Friday 22nd March	Cross Country & Junior Fun Day
Monday 25th March	PSG Meetings
Tuesday 26th March	Palm Sunday Liturgy
Wednesday 27th March	Holy Thursday Liturgy
Thursday 28th March	Good Friday Liturgy LAST DAY OF TERM 1
Friday 29th March	GOOD FRIDAY



## CATHOLIC IDENTITY

### **MASS TIMES**

**St Peter's, Bridgewater**  
1st Sunday of the month, 8.00am

**St Mary's, Inglewood**  
Each other Sunday of the month, 8.00am  
Wednesdays, 9.15am



WHAT IS  
**SHROVE  
TUESDAY?**



### **Opening Mass**

We were thrilled to share the joyous occasion from our Opening School Mass, where families, students and staff came together to celebrate under the inspiring theme, "Behold I make all things new!" from Revelations 21:5. The ceremony was marked by a special moment as our student leadership team received their badges, symbolising their commitment to guiding our school towards new directions. The student leadership team were eager to collaborate with their peers, fostering growth and developing in their leadership capabilities. We look forward to witnessing the emergence of exciting student-led initiatives that will shape the future of St. Mary's.



### **Shrove Tuesday and Ash Wednesday**

Shrove Tuesday, often referred to as Pancake Day, gained its roots in the Catholic tradition. The word "shrove" comes from the Old English word "shrive," which means to confess one's sins. In the Catholic faith, Shrove Tuesday is the day before Ash Wednesday, marking the beginning of the season of Lent.

Traditionally, Shrove Tuesday was a day for Catholics to confess their sins and receive absolution before the solemn period of Lent began. To use up ingredients like eggs and fats before the fasting period of Lent, people would make pancakes.

Next Tuesday, our Leadership in Faith students will attend the launch of Caritas' Project Compassion in the Bendigo Mall. There'll be free pancakes, entertainment by students from surrounding schools, and the commissioning of school & parish representatives by our Bishop. Back in Inglewood, St Mary's students and families will be provided with pancakes from 8:30 a.m. onwards then commence prayer at 9:00 a.m. Please come and join us if you can.

Following Shrove Tuesday, we will transition into Ash Wednesday, a day of reflection and contemplation. Ash Wednesday marks the beginning of Lent, a 40-day period of self-examination, fasting, and prayer leading up to Easter. Our students will have the opportunity to attend Mass, where ashes will be distributed as a symbol of humility and repentance.

As we embark on this Lenten journey, let us encourage our students to embrace the spirit of self-discipline, compassion, and reflection. It's a time for personal growth, spiritual renewal, and coming together as a school community to support one another.





## 2024 Class Structures & Staff Roles

In order to cater to the needs of all individual students and deliver a high-quality and evidence-based teaching & learning program, St Mary's will be running a combined F-6 classroom in 2024. The combined classroom will have the benefit of three and four adults working with the students at any given time, creating a ratio of 1:4 and 1:5 for Literacy and Mathematics. Staff have attended schools with combined classes and continue to embrace this positive news. All educators will continue to be involved in regular professional development to aid their ability to differentiate to each child's learning needs.

### 2024 Classes:

- Miss Tayla Fenwick and Ibu Cath Williams (F-6)

### 2024 Staff:

- Mr Stephen O'Shannessy: Principal, Learner Diversity, Religious Education Leader and Curriculum Leader
- Ibu Cath Williams: Grade F-6 Classroom & Indonesian Teacher and Pastoral Wellbeing Leader
- Miss Tayla Fenwick: Foundation - Grade F-6 Classroom & Sports Coordinator
- Mrs Carly Bannan: Performing and Visual Arts Teacher and Leadership Release Teacher
- Mrs Franceen Innes: Learning Support Officer and Pastoral & Wellbeing Support (Chaplain)
- Miss Ruby McLean: Learning Support Officer
- Mrs Adele George: Learning Support Officer
- Mrs Sandra Coffey: Office Administrator

## School Hours and Community Reading

Community Reading will no longer take place before school. Community Reading has been a successful initiative, ensuring every student is reading every day and building parent partnerships. Now that this goal has been achieved, we look forward to new initiatives that are in line with our School Improvement Plan 2024-2027. As an administrator, I aim to ensure a balanced workload for staff, as the new New Enterprise Agreement has placed guidelines on the teacher's 38-hour working week, also making this decision a practical one in terms of staff operations.

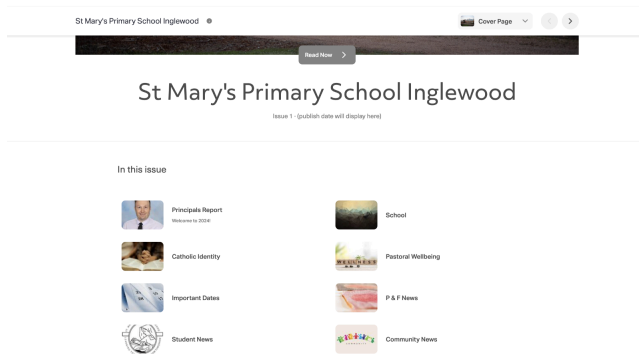
Students can still be dropped off at school after 8.30 am, where they will be supervised. We kindly request that students refrain from arriving on the premises before this time.

## PAM Updates

A notification was sent out to all families to update their profiles. If you have not already done so, please log in to your PAM accounts and make sure all your information is up to date.

## Newsletter

This will be the last newsletter in this format as we are moving to an online version. Parents of the school can access the newsletter via their PAM accounts or email. Friends of the school can access the latest newsletters from our school website [www.sminglewood.catholic.edu.au](http://www.sminglewood.catholic.edu.au) A new newsletter will be published fortnightly.



## Key Dates for 2024

2024 TERM DATES	2024 PUPIL FREE DAYS
<ul style="list-style-type: none"> <li>Term 1: 29th January - 28th March <ul style="list-style-type: none"> <li>First Day Staff: 29th January</li> <li>First Day Students: 30th January</li> </ul> </li> <li>Term 2: 15th April - 28th June</li> <li>Term 3: 15th July - 20th September</li> <li>Term 4: 7th October - 20th December <ul style="list-style-type: none"> <li>Last Day Students: 18th December</li> <li>Last Day Staff: 20th December</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Monday 29th January - Staff Planning</li> <li>Friday 8th March - Staff Spirituality</li> <li>Friday May 3rd - Multi-Age Teaching and Learning</li> <li>Wednesday May 24th - Learner Diversity</li> <li>Wednesday August 23rd - Data</li> <li>Term 4 Monday 4th November - Report Writing</li> <li>Term 4 Thursday 19th Dec 2025 - Staff Planning</li> <li>Term 4 Friday 20th Dec 2025 - Staff Planning</li> </ul>

## Parent Information Evening and Community BBQ





# WHAT WE ARE LOOKING FORWARD TO IN 2024



Ryan- Camp



Jordy- Going to Leadership day



Nakodah- going to Gym on my birthday



Kiarah- learning to use different words in writing



Jenson- Gym and swimming



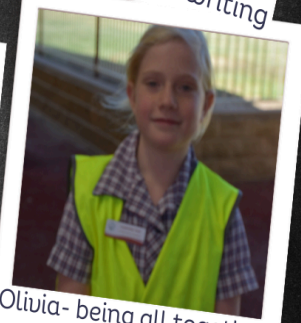
Finley- Camp



Abby- having different teachers at different times



Braxton- Gym and swimming



Olivia- being all together and my leadership badge



Emmett- Going on my first Camp



Harry- Gym and swimming



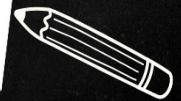
Edmund- Spending time with friends



Lucy- playing with my friends



Achilles- I liked making the dreidel





## **Student Leadership**

In 2024, we identified the need for three leadership positions to allow the students to serve others. It provides the students the chance to face challenges and take action within the school and in the community. Leadership involves determination, discipline and courage. Students are asked to be like Jesus and be leaders just like he was to his many followers. The three areas of leadership St Mary's Primary School has provided for 2024 are Leader of Faith, Leader of Community and Leader of Environment. Each student was required to write an application to apply for their position to create a sense of ownership and accountability.

### **Leaders of Faith**



### **Leaders of Community**



### **Leaders of Environment**



**Abby:** Working with different people and working more with Fin since I haven't worked with him as much. My initiative is to help others and support others in Religion and doing prayer.

**Fin:** I am looking forward to participating in the Caritas fundraising event on Shrove Tuesday in Bendigo, where we get to sell pancakes and raise money. My initiative is getting involved with more Social Justice activities to support those in need.

**Jordan:** I am looking forward to making new games with Olivia for everyone to play out in the yard. My initiative is to make sure that all the playgroup equipment is put back in the right spot.

**Olivia:** I am looking forward to welcoming new people and helping with the playgroup with setting up activities and games whilst working with Jordan. My initiative is the fact that I am kind, caring, respectful and I cannot wait for everyone to experience the convent when it reopens.

**Jenson:** I am looking forward to looking after our school environment and working with Ryan. My initiative for this Semester is to bring back the chickens because I really enjoy animals and looking after them.

**Ryan:** I am looking forward to getting chickens this year because they help us with our composting. My initiative is to keep the school clean so that the animals around our school don't eat any of the rubbish that is left around.

## PASTORAL WELLBEING

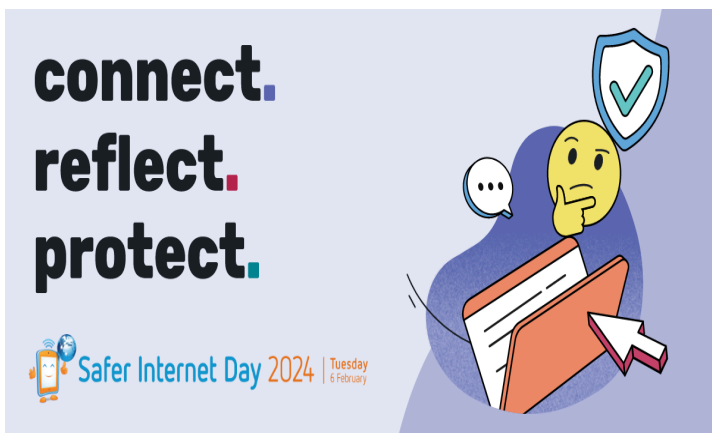


A new year, a new routine!

What a great start we have had in 2024, with over 95% attendance for each student here! Getting back into routine can be the hardest part, but once we find a good bedtime and morning routine that works, it becomes a habit that is easier to keep than break!

The night before:	In the morning:
<ul style="list-style-type: none"> <li>• Check what you need for the next day (eg. Library book, lunch order etc)</li> <li>• Give any notes to your parents/carers</li> <li>• Pack your bag</li> <li>• Make your lunch</li> <li>• Lay out your school clothes ready to go</li> <li>• Go to bed at a regular time e.g. 7.30pm</li> </ul>	<ul style="list-style-type: none"> <li>• Get straight out of bed</li> <li>• Have a healthy breakfast</li> <li>• Clean your teeth, wash your face and get dressed</li> <li>• Be ready to leave the house on time.</li> <li>• Arrive with time to catch up with your friends and prepare for the day!</li> </ul>

### Safer Internet Day



This Safer Internet Day, we are encouraging you to take three simple actions when approaching online safety: Connect. Reflect. Protect.

**Connect** safely by keeping apps and devices secure and reviewing your privacy settings regularly.

**Reflect** on how your actions online may affect others or your safety.

**Protect** yourself and others by visiting [eSafety.gov.au](https://www.esafety.gov.au) to find out how to stay safe online and report online abuse.

By doing these things and sharing the Connect. Reflect. Protect messages, we can work towards making every day a Safer Internet Day.



## FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

### CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$150 for primary school students
- \$250 for secondary school students

### MORE INFORMATION

For more information about CSEF visit:  
<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

The CSEF program closes 28<sup>th</sup> June 2024

### HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- new student enrolments; your child has started or changed schools this year.
- changed family circumstances; such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.





## You're invited to the 2023

## LAUNCH of

## PROJECT COMPASSION

FOR ALL FUTURE GENERATIONS



## Tuesday 21st Feb HARGREAVES MALL BENDIGO 11.30-12.30

## FREE PANCAKES & ENTERTAINMENT

### CREATE A FUN LUNCHBOX BY CHOOSING SOMETHING FROM EACH FOOD GROUP



#### Fruits

- Apple
- Banana
- Oranges
- Grapes
- Pears
- Strawberries
- Blueberries

Recommended to eat 2 fruits per day!

*Tip: Make it more appealing to your kids by making fruit skewers!*



#### Vegetables

- Corn cobs
- Cut up vegetable sticks with a side of dip such as hummus, tzatziki, beetroot or yummy yoghurt!
- Sandwich fillings can include:
  - Coleslaw
  - Lettuce
  - Spinach
  - Carrots



#### Dairy

- Cheese sticks
- Yoghurt
- Grain biscuits with a side of cottage cheese
- Custard

The nutrient calcium from dairy products keeps your bones **HEALTHY & STRONG**



#### Water

- Always pack a drink bottle

*Tip: For those who don't drink a lot of water, try adding fruit pieces to make it more exciting!*

Water makes more than **HALF** your body weight



#### Grain and Cereal Food

- Noodles
- Rice, quinoa or couscous
- Homemade pizza
- Brown rice
- Wholemeal bread
- Rice cracker



Store meats & hot foods correctly to avoid growth of bacteria



#### Meat and Protein Alternatives

- Tinned tuna or salmon in spring water
- Lentil or veggie patties
- Falafel
- Boiled eggs

Remember to involve your children. Take them shopping and let them help choose fruits and vegetables for their lunchbox. Let them help prepare and pack their own school lunchbox.



# Parenting Workshops

## Term 1 2024



### Circle of Security Parenting

For parents and carers of children aged from 0-10 yrs.

**\*\*Abbreviated program.** This parenting program is attachment and relationship-based, designed to help you understand your child's emotional development by learning to read and support their emotional needs.

FREE | In-person, Ballarat FRC Office

8 February - 21 March | Thursdays 12.45pm - 2.45pm

FREE | Online, Zoom

14 February - 27 March | Wednesdays 12.45pm - 2.45pm



### Tuning into Teens

This program highlights the importance of:

- Connecting, accepting and understanding your teens
- Emotion coaching worry, sadness and anger in teens
- Enhancing emotion connection within your family

FREE | In-person, Ballarat FRC Office

14 February - 13 March | Wednesdays 5.45pm - 7.45pm



### Tuning into Kids

For parents and carers of children aged 12 and under.

In this program you will find out how to help your child understand and manage feelings such as frustration, worry and anger.

FREE | In-person, Ballarat FRC Office

20 February - 19 March | Tuesdays 12.45pm - 2.45pm

**To register or for any questions, please contact:**

E [parenting.ballarat@catholiccarevic.org.au](mailto:parenting.ballarat@catholiccarevic.org.au) | P 1300 303 988



CatholicCare Victoria | Ballarat Family Relationship Centre

E [ballarat.frc@catholiccarevic.org.au](mailto:ballarat.frc@catholiccarevic.org.au)

T (03) 5327 7900

[www.catholiccarevic.org.au](http://www.catholiccarevic.org.au)





## INGLEWOOD – ST MARY'S Community Playgroup



**MONDAY | 2024**



**9:30 AM -11:30AM**



**St Mary's Convent  
87 Southey Street, Inglewood**

Small, friendly and FREE playgroup, where everyone is welcome and invited to play.

### CONTACTS FOR COMMUNITY PLAYGROUP



**0438 630 101**

Email: [ebonyalder@hotmail.com](mailto:ebonyalder@hotmail.com)  
[principal@sminglewood.catholic.edu.au](mailto:principal@sminglewood.catholic.edu.au)