

St. Mary's Primary School is committed to the safety and welfare of all children, within a secure environment. All children have a right to be treated with respect and to be protected from abuse and harm. This school supports the Child Safe Standards (Ministerial Order 870) and actively seeks to ensure that all students are kept safe from all forms of harm at all times.



St. Mary's School Newsletter

87 Southey Street, Inglewood 3517

Phone: 03-54383075

Email: principal@sminglewood.catholic.edu.au

Website: www.sminglewood.catholic.edu.au

Term 2 - May 27th 2021 No.8

PRINCIPAL'S REPORT

Dear Parents, Families and Friends,

We all share fond memories of our friend and colleague, Lesley, and are deeply saddened by the news of her tragic death. During my time at St Mary's, it has been clear that Lesley was a selfless, loving and supportive person who cared deeply for her family and the St Mary's Community.

Our thoughts, prayers, love and support are with Scott, Jaspa, Olivia and Lucy, and all of Lesley's extended family and friends. Classroom teacher, Cath Williams and I went out to visit the family today and took care packages for the children, food and the condolences of the entire school community.

I would like to thank the staff for the wonderful care of the Morrison family, of one another, our parent community and, most importantly, the children of St Mary's Primary School. Our parent body have rallied together and are providing much needed support in not only words but in organising food rosters and care. I was reminded of the rich community spirit at St Mary's when talking to a parent yesterday who said "This is just what we do". Thanks to all who support us and thanks also to Father Stephen Bolling and our Catholic Education Sandhurst Ltd. colleagues, who have supported us and our children as we work through our grief.

CALENDAR

June

Tue 1st	Whole School Photo Day (Postponed to a later date)
Mon 7th	School Council Meeting - 7pm (Please note rescheduled date)
Mon 14th	PUBLIC HOLIDAY
Fri 18th	P&F Meeting - 2pm Assembly - 3pm
Thurs 24th	Australia's Biggest Morning Tea
Fri 25th	Last Day of Term 2 2:20pm finish

July

Mon 12th	First Day of Term 3
Tues 20th - Thurs 22nd	National School Improvement Review
Mon 26th	School Council Meeting - 7pm

We will keep the community updated throughout the coming days regarding funeral arrangements and ongoing support for the Morrison family, our students and the wider St Mary's community.

Today also saw the announcement of a seven-day circuit-breaker lockdown for Victorian beginning this evening. A letter has been sent home to families regarding our transition to remote learning plans.

Kim Carter

Principal

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



PRAYER FOR

Those Who Grieve

*Merciful God,
Console those suffering a difficult loss.
Bring them comfort and relieve their anguish.
Strengthen those going through various stages of grief.
Sustain them with hope and revive their aching spirits.
Embrace those in the midst of long-term grief.
Grant them the grace of gratitude and expand their capacity
for empathy and compassion.
Let all who grieve find consolation in your merciful heart.
Amen.*



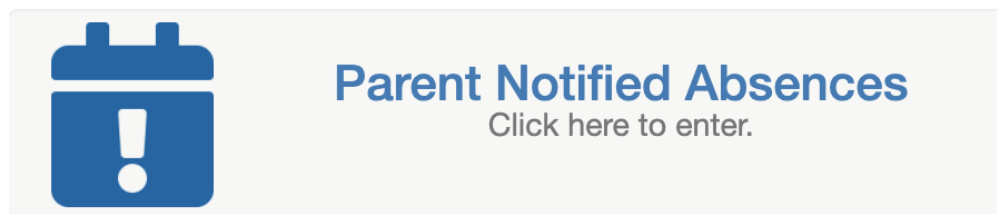
SCHOOL NEWS

SCHOOL ADVISORY COUNCIL MEETING:

Our next School Advisory Council meeting has been rescheduled to 7pm on Monday 7th June. Ben Higgins from Catholic Education Sandhurst Ltd. will be in attendance to give the community a briefing regarding school finances in light of the Governance change that occurred at the start of the year. All interested community members are welcome to attend.

PARENT NOTIFIED ABSENCES:

Did you know that you can use your PAM account to notify the school if your child is absent? Just log into PAM and click on the Parent Notified Absences button. From there, you will be able to add an absence (please note that PAM absences need to be recorded by 8:55am on the day of absence). If you miss the cut off time for PAM or if PAM is not working, please contact the school on 5438 3075. As all student absences need to be recorded and followed up. It is our preference that you phone the school directly rather than risk texts or emails being missed.



SCHOOL PHOTOS

Due to today's announcement of a state-wide seven day lockdown, our school photo day will be postponed to a later date in Term 3.

GRADE 3-6 PARENT TEACHER CONVERSATIONS

The Grade 3-6 Parent Teacher Conversations have now been rescheduled and will be held virtually on Tuesday 1st June and Thursday 3rd June. An email will be sent to parents informing of the specific times for the meetings and details regarding how to book in for a conversation.

AUSTRALIA'S BIGGEST MORNING TEA

Our Australia's Biggest Morning Tea event has been rescheduled to Thursday 24th June. This event will now be run with the Inglewood Community Neighbourhood House (the Hub).



CHILDREN'S CHATTER MATTERS

In order to prepare for the language & learning demands of the school environment, children need ample time and opportunity to engage in meaningful interactions with their family.



Ten activities will be provided over this Semester targeting phonological awareness skills. Phonological awareness is one of the key building blocks for reading and writing. It is listening to, and thinking about the sounds in words.

9. The game 'Sound Thief' is a great way to support your child to develop their manipulation of sounds in words (deleting, adding or swapping sounds). Use real objects or pictures to represent words, then take turns to steal a target sound. The other player/s need to identify the word and the "sound stolen". For example: hat à "at" (you stole the "h" sound from hat).

As a harder task, try swapping a sound in a word. For example: back à "ban" (you changed the 'k' sound to a 'n' sound). Decide with your child first the position of the sound to swap – beginning / middle / end.



Marist 2022 Enrolments

ENROLMENTS CLOSE FOR YEAR 7

FRIDAY 4 JUNE

STILL A COUPLE OF PRINCIPAL LEARNING WALKS
AVAILABLE 25 MAY AND 2 JUNE.

BOOKINGS ARE ESSENTIAL AND LIMITS APPLY.

VISIT THE WEBSITE FOR BOOKING DETAILS.

WWW.MARIST.VIC.EDU.AU



Nationally Consistent Collection of Data (NCCD) On School Students with Disability

What is the Nationally Consistent Collection of Data?

Schools must now complete the *Nationally Consistent Collection of Data on School Students with Disability (NCCD)* every year. It counts the number of students who receive additional adjustments or “help” at school because of a disability. The NCCD helps governments plan for the needs of students with disability.

Who is counted in the data collection?

To count a student in the NCCD, schools must think through some key questions:

1. Is the student getting help at school so that they can take part in education on the same basis as other students?
2. Is the help given because of a disability? The word ‘disability’ comes from the [Disability Discrimination Act 1992](#) (DDA) and it can include many students.
3. Has the school talked to you or your child about the help that they provide?
4. Has the school kept records about the help they provide, the student needs and the reasons that the student needs this help? The school will need to keep copies of tests, student work, assessments, records of meetings, medical reports or other paperwork and information about how the student’s learning is moving along over time.

Once the school decides that the student should be counted in the NCCD, they then choose a disability group and one of four levels of help that has been given to the student.

What does the word ‘disability’ mean in the NCCD?

In the NCCD the word ‘disability’ comes from the [Disability Discrimination Act 1992](#) (DDA). There are four types of disability that the school can choose from: sensory, cognitive, social-emotional and physical.

Many students that need help at school can be counted in the NCCD. For example, students with learning problems, e.g. specific learning disability or reading difficulty (sometimes called dyslexia), health problems (e.g. epilepsy or diabetes), physical disability (e.g. cerebral palsy), vision/hearing loss and social-emotional problems (e.g. selective mutism, Autism Spectrum Disorder, anxiety).

Letters from doctors or specialists can be very helpful for schools as they plan how to support students with their learning. Schools do not need to have these letters before they can count a

student in NCCD. Teachers can use all that they know about the student's learning and the records that they have collected over time to decide if a student can be counted in the NCCD.

What sort of help does the school give students?

Students need different types of help at school. Some students need a little help sometimes while other students need a lot of help nearly all the time. The type of help given depends on the needs of the student. The help can include changes to the school buildings or grounds (e.g. ramps or things like special desks or chairs), extra teacher help in classes, special learning programs, changes to the work they give the student or extra adult help.

How will the NCCD be different this year?

All schools have been counting students in the NCCD since 2015. The government will use the NCCD data as part of the funding to schools.

What will the school need to know about my child for the NCCD?

Schools work together with families to understand the needs of each child. It is helpful if families give their child's teacher a copy of any letters or reports they have. The letters or reports will help the school understand the child and the help that they might need. Letters from doctors, psychologists, speech pathologists, doctor, and occupational therapists etc. can be very helpful for schools. These reports along with information that the teacher has (i.e. school based tests, your child's work and learning plans) helps the school to understand and meet your child's needs.

What happens to the NCCD data? Who will have the NCCD information?

Each school principal must check the NCCD data in August of each year. The school will give the information to the Catholic Education Office. The school will work with the Catholic Education Office to make sure that the NCCD data is OK before they give the data to the government. The government will not be given the names of any students or any letters or records. Please ask your school for their privacy policy if you need to know more.

Does the school need me to agree with them about counting my child in the NCCD?

Amendments were made to the [Australian Education Act 2013](#) and [Australian Education Regulation 2013](#). Schools do not need you to agree to let them count a child in the NCCD. You cannot ask the school not to count your child.

Where can I find out more?

Please contact your child's school if you have further questions about the NCCD and/or refer to the national [NCCD Portal](#).

STUDENT NEWS



HAPPY BIRTHDAY

May

29th ~ Olivia Morrison

June

8th ~ Tyler McEwan



NANO NAGLE AWARD



THIS IS AWARDED TO

Braxton Barns

who is a person of Action and Daring. Within the classroom, Braxton can be seen engaging with activities so he produces his best work and plays fairly with his friends outside.
Friday 21st May 2021

Kim Carter
PRINCIPAL

NANO NAGLE AWARD



THIS IS AWARDED TO

Brooke Anderson

who is a person of Community. Brooke has regularly been seen helping members of our community and can be seen inviting others to play and engaging with the younger students.
Friday 21st May 2021

Kim Carter
PRINCIPAL

NANO NAGLE AWARD



THIS IS AWARDED TO

Olivia Morrison

who is a person of Community. Olivia always goes above and beyond in helping to care for our learning environment, be that helping to clean the classrooms or raking leaves!
Amazing!
Friday 21st May 2021

Kim Carter
PRINCIPAL

NANO NAGLE AWARD



THIS IS AWARDED TO

Zavier McLean

who is a person of Action and Daring. Xavier has a very clear sense of right and wrong and is able use a range of strategies to help solve any problems - personal or school-wide.
Friday 21st May 2021

Kim Carter
PRINCIPAL



Grief and loss



Everyone's experience of grief or loss is unique. You might experience all kinds of difficult and at times overwhelming emotions, and you might sometimes wonder if the sadness will ever end. This is a normal reaction to loss.

There is no right or wrong way to grieve but it can help to allow yourself to grieve, share your grief, and let others support you. In time you will learn to live with your loss, heal and move forward in new and different ways.

What are grief and loss?

Grief is a natural response to loss. It might be the loss of a loved one, relationship, miscarriage, pet, job or way of life. Other experiences of loss may be due to children leaving home, infertility and separation from friends and family. The more significant the loss, the more intense the grief is likely to be.

Grief is expressed in many ways and it can affect every part of your life; your emotions, thoughts and behaviour, beliefs, physical health, your sense of self and identity, and your relationships with others.

Grief can leave you feeling sad, angry, anxious, shocked, regretful, relieved, overwhelmed, isolated, irritable or numb. Many of these reactions are not constant but instead can come in waves; often triggered by memories or occasions. The first few days after a loss are particularly intense emotionally and many people say that they function on 'auto' for a while just to get through.

Grief can affect your thinking; leaving you unable to concentrate or make decisions, forgetful and sometimes causing you to worry that you will never feel better. It can also cause difficulty in your sleeping and physical health, leading to headaches, nausea, aches and pains. It is not unusual to also question your faith or beliefs at this time as you search for answers and meaning following the loss.

The way you are feeling and thinking affects how you interact with the world around you; your friends, family and workplace. For some, being with others is comforting while others prefer more solitude as they come to terms with their loss.

Grief has no set pattern. Everyone experiences grief differently and there are cultural and circumstantial factors that affect how people express and cope with it. Some people may grieve for weeks and months, while others may describe their grief lasting for years. Through the process of grief, however, you begin to create new experiences and habits that work around your loss. You slowly begin to experience a greater sense of hope; focusing more on the future rather than the loss itself. In time memories begin to become something to enjoy rather than triggering sadness.

Looking after yourself after a significant loss

Grief is something that takes time to work through. While everyone finds their own way to grieve it is important to have the support of friends and family or someone else, and to talk about your loss when you need to.

Allow yourself to grieve and heal

- Grieve your way. No one can tell you how to feel.
- Understand that grief takes time. Expect that you will sometimes find yourself surprised by how you are feeling.
- Express how you feel to someone you trust. Talk using words that are comfortable and have meaning to you and don't be afraid to share your emotions; your tears, anger, relief etc.
- Honour your loss. It might be by writing a journal of memories, writing letters, treasuring precious possessions, planting a tree, writing a song; whatever feels meaningful to you.
- Be prepared for difficult events that trigger your memories and sadness. This may happen on anniversaries, birthdays, reunions or perhaps when you see particular reminders of what you have lost.
- Take one step at a time. Know that there will be setbacks but that you will heal in time.

Look after yourself

- Find a balance between being alone and spending time with family and friends. Both are important in your time of grief.
- Take care of your physical health. Grieving can be exhausting so it is important to eat a healthy diet, exercise and sleep.
- Give yourself time out from the pain. Do things you enjoy, even if you don't really feel like doing them.
- Try relaxation or meditation to help to manage stress and difficult emotions.
- Work towards getting back to your normal routine, work, social activities, sport etc. Don't feel guilty about trying to get back to your life. It's part of the process.
- Approach any drug and alcohol use with care. Substances can numb your feelings but they also make it harder to heal.
- If possible, avoid making any big decisions until you can think more clearly.
- Consider your spiritual beliefs and whether these can provide you comfort.

Let others help you

- Be clear about what you find helpful from others. People often don't know how to help, so tell them what you need; a shoulder to cry on, a helping hand with the children or perhaps help with a few meals.
- Explore your options for professional help if your grief feels too much for you to bear. An experienced health professional can help you work through intense emotions and overcome obstacles to your grieving.
- Consider joining a support group. Sharing your grief with others who have experienced similar losses may help.





Grief, loss and depression

Grief and depression are quite different but they can appear similar as they can both lead to feelings of intense sadness, insomnia, poor appetite and weight loss.

For people experiencing grief these are normal reactions to loss. While the feelings of loss and sadness are at times unbearable, the intensity of these feelings can change throughout each day and are often in response to certain situations or events. Even among the sadness of the grief there is also the ability to experience moments of happiness.

Depression stands out from grief as being more persistent, with constant feelings of emptiness and despair and a difficulty feeling pleasure or joy. The focus of negative thinking tends to be more internal, with a person believing themselves to be useless and worthless. Other symptoms that suggest depression include an intense sense of guilt, disconnection from others, thoughts of suicide or a preoccupation with dying, feelings of hopelessness or worthlessness, inability to enjoy or find pleasure in things, and an inability to function at work, home, and/or school.

The sadness that you feel after your loss may never go away completely, but it won't remain the focus of your thinking over time. Your relationship to grief will change; depression may not. If you notice that depression symptoms continue, or your grief begins to get in the way of how you live, work, share relationships or live day-to-day, then it is important to get support or professional help.

To learn more about depression and the treatments available visit beyondblue.org.au/depression.

How family and friends can help

Many people do not know what to say or do when trying to comfort someone who is grieving. However, often it is the simple offer of love and support that is the most important.

What to say

- Acknowledge the situation and let them know you care – “I was really sad to hear about...”
- Talk openly about their loss.
- Be genuine and honest – “I’m not sure what to say or do, but I want you to know I am here for you”.
- Offer your support – “What can I do to help? Do you feel like talking?”.
- Ask how they are feeling. Each day can be different for someone who is grieving; take the time to listen and understand what they are going through.
- Talk about everyday life too. Their loss and grief does not have to be the focus of all your conversations.
- Avoid statements that are intended to comfort them but actually minimise their grief. They know they have things to be thankful for, or that at some point they have to move on, but for now they need time to grieve.

Listen with compassion

- Offer comfort. They need to feel supported in their loss, not judged or criticised.
- Help them to understand that healing takes time.
- Accept that silence is helpful sometimes. You can offer comfort by a squeeze of the hand, or a reassuring hug. Silence can offer them a time to gather their thoughts and reflect on times gone by.
- Be patient. Sit and listen quietly as they share their stories of loss.

Provide ongoing support

- Understand that life may never feel the same. They may learn to accept the loss and the pain may lessen, but the sadness may never completely go away.
- Let them know it's OK to share their grief. They are not alone.
- Ask them how you can help. Make suggestions if they are reluctant to receive help or they are just unsure what they need. A few home-cooked meals, doing the shopping, helping to receive guests or perhaps offering to go walking or do something enjoyable with them can all help someone through their grief.
- Encourage them to slowly return to activities or social events that they enjoy.
- Keep supporting them. They will need support throughout their time of grief, not just immediately after the loss.
- Be understanding and accept that they may act or say things differently.
- Offer extra support on special days. Certain times and days of the year may be particularly hard, such as holidays, family milestones, birthdays, and anniversaries, as they often reawaken grief.
- Encourage them to get help if their grief does not seem to be easing over time, particularly if they have suicidal thoughts, self-harm or appear to be giving up on life.
- Look after yourself. Helping a grieving person can be a heavy burden. Take care of your own physical and emotional health, and talk about your feelings with someone during this stressful time.

Grief is a process that each person experiences in a unique way. It's how you process, cope and learn to live with a significant loss. By allowing yourself to grieve and accepting the support of others you will begin to heal. You will not forget your loss but you will be able to look to the future with a sense of hope and find a way to live with your loss.

Where to find more information

Beyond Blue

 beyondblue.org.au

Learn more about anxiety, depression and suicide prevention, or talk through your concerns with our Support Service. Our trained mental health professionals will listen, provide information, advice and brief counselling, and point you in the right direction so you can seek further support.

 **1300 22 4636**

Email or chat to us online at
beyondblue.org.au/getsupport

 @beyondblue

 @beyondblue

 @beyondblueofficial

 company/beyondblue

LifeLine

 www.lifeline.org.au

 **13 11 14**

Access to crisis support, suicide prevention and mental health support services.

Australian Centre for Grief and Bereavement

 www.grief.org.au

Information about grief and support for people who are grieving.

Head to Health

 headtohealth.gov.au

Head to Health can help you find free and low-cost, trusted online and phone mental health resources.

GriefLine

 www.griefline.org.au

 **1300 845 745**

Grief helpline that provides telephone support services to individuals and families.

 Donate online:
beyondblue.org.au/donations

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Loddon Cluster Kindergartens **2022 Kindergarten Information Sessions**

Do you have a child turning 3 or 4 in 2022?
Come along to one of our information sessions for prospective
parents and learn more about the kindergarten program, meet
the education team and find out how to enrol your child in
kindergarten

Boort Preschool

123-127 Godfrey Street, Boort
Tuesday 22nd June 2021
7:30pm

Dingee Preschool

785 Dingee Rd, Dingee
Monday 21st June, 2021
2:30pm

Inglewood Kindergarten

75A Grant St, Inglewood
Monday 21st June, 2021
9:30am

Pyramid Hill Preschool

67 Kelly St, Pyramid Hill
Wednesday 9th June 2021
7:30pm

Wedderburn Kinder

77 Ridge St, Wedderburn
Thursday 24th June, 2021
2:30pm

For more information contact council's Early Years Team on 03 5494 1201





Building Resilience in Kids

Resilience is the ability to cope with the ups and downs of life. Learn how you can help kids develop skills, habits, and attitudes for building resilience.

Resilience is not just about managing current stressors, but also developing skills for dealing with challenges throughout life and enhancing mental health.

- Building good relationships
- Independence
- Confidence to face challenges.
- Managing Emotions.

✓ Resilience ✓ Independence ✓ Managing Emotions

Workshop dates & locations:

Location Name – St Monica's Primary School, Jaara Centre.

Dates: Tuesday 1st June 2021 @ 6:30PM – 9PM
Arrival and Registration @ 6:15PM

Please note this is a single session workshop only.

Free

Sorry no childcare provided.

Groups are subject to maximum and minimum numbers determined seven working days prior to the commencement date. Early registration is encouraged.

RSVP:

St Monica's Primary School | PH 5447 7832
E adicksonflood@smkangarooflat.catholic.edu.au

Please remember your mask. We ask that all participants follow social distancing and face mask regulations.



Building Resilience in Kids
176 – 178 McCrae Street, Bendigo VIC 3550
T (03) 5438 1300
www.ccds.org.au



Re-partnering with Kids

This two-session program is aimed at parents who are newly re-partnered, as well as those already living as a stepfamily. It aims to equip parents and stepparents to support children, while also building their own relationship.

✓ Relationship Building

✓ Support Children

Workshop date & location:

Location Name – 176-178 McCrae Street, Bendigo.

Dates: Thursdays, 10th June and 17th June 2021
Arrival and Registration – 6:15PM
Session: 6:30PM – 9:00PM

This Program has 2 weekly sessions.

Fees apply, \$30 per person, \$20 Concession.

Sorry no childcare provided.

Groups are subject to maximum and minimum numbers determined seven working days prior to the commencement date. Early registration is encouraged.

RSVP:

Reception | CatholicCare Victoria
T (03) 5438 1300 | E email@ccds.org.au

Please remember your mask. We ask that all participants follow social distancing and face mask regulations.



Re-partnering with Kids
176 – 178 McCrae Street, Bendigo VIC 3550
T (03) 5438 1300
www.ccds.org.au



Boys Brains

This workshop aims to help parents better understand their boys; it will provide practical strategies for how to connect with them and support them to succeed.

✓ Understanding ✓ Differences ✓ Practical Strategies

Workshop date & location:

Location Name – Zoom (Bendigo)

Dates: Thurs, 27th May 2021 @ 7:30PM – 9:00PM
Thurs, 17th June 2021 @ 11:00AM – 12:30PM

Please note this is a single session workshop only

There is a no cost for these workshops

RSVP:

Reception | CatholicCare Victoria
T (03) 5438 1300 | E email@ccds.org.au

Please remember your mask. We ask that all participants follow social distancing and face mask regulations.



Boys Brains
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