

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

St. Mary's School Newsletter



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We acknowledge and pay respect to the Jaara people as the original and ongoing custodians of the land we meet on.

We commit ourselves to actively work alongside Aboriginal people for reconciliation and justice.

"I am the vine and you are the branches.

If you remain in me and I in you, you will bear much fruit" - John 15:5



Term 3 - Thursday 16th July 2020

Dear Parents, Families and Friends,

A warm welcome back for Term 3. I sincerely hope that this term is more settled for everyone and that our school and homes become places of wellness, once again.

School is a different place now with many regulations in place and at times, as a staff, we are feeling quite disconnected with you all. It feels like ages since we have seen some of you. I am sure that many of you are feeling the same way. We miss our chats with you in the playground or at pick up, your incidental 'drop ins', even our 3 Way Chats this term will be different. It is certainly something that we are very conscious of and we are always looking for ways in which we can keep us all connected.

Now, more than ever, taking the time for a daily conversation with your child is critical to keep you connected with their learning. Make sure you keep prodding when they say that they did 'Nothin!'. Feel free to pick up the phone just for a chat. Please stay in touch with us, connected with us and strong with us.

"When this ends, may we find that we have become more like the people we wanted to be, we were called to be, we hoped to be and may we stay that way--better for each other because of the worst."

Take care,

Marg

July

Mon 27th	Board Meeting - 7pm
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August

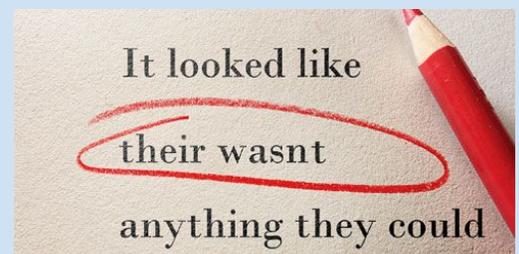
Mon 4th	3 Way Chats
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POSSIBLE PUPIL FREE DAY

Friday 11th September

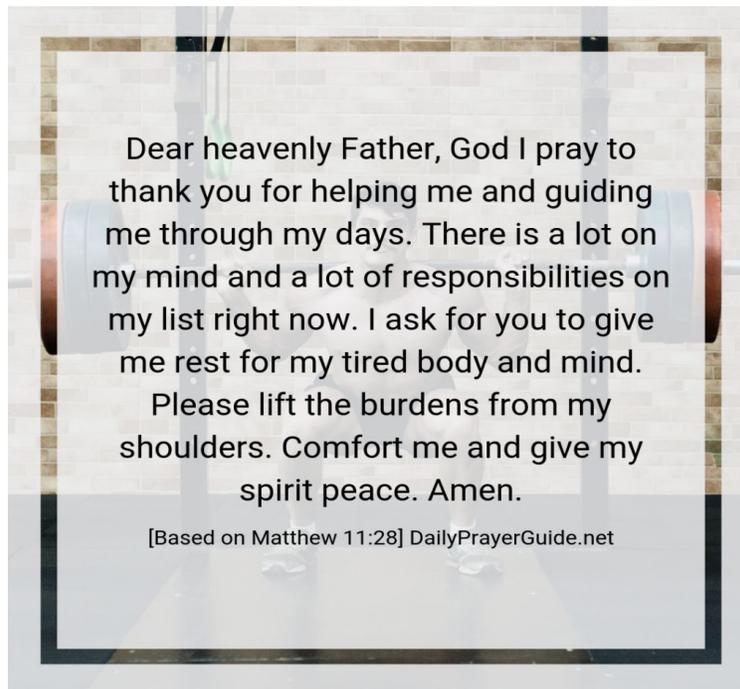
(Staff are hoping to attend a PD session on the analysis of writing in relation to the teaching of Spelling.

I will confirm this date as soon as possible.)



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RE News & Prayer for the Week with Mrs Brohm



Our Beloved Twinks



We received some great news over the holidays to say that Twinks is out of hospital and back home with Pat. Rumour has it that he is now giving orders to everyone, so things are getting back to normal! We keep Twinks in our thoughts and prayers and are thinking of him in his time of recovery.

Take care, Poppy Twinks!

New Home for Nora

Over the holidays, we saw some building works at St. Mary's. Nora received her new home and doesn't she look happy!!!! A big thank you to the McEwans for having her for yet another sleep over these holidays whilst her shed was being put up. Thanks again to our P&F for their contributions towards the costs of this shed.



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3 Way Chats - Monday 4th August

These will be quite different this year, with all chats being done via Google Meets, a platform that we all know how to use, thanks to Remote Learning. More information will be sent home on Monday next week.

Enrolments for 2021

With very limited opportunities for visitors to our school, including the kindergarten students, our best resource for promoting our school to the wider community is through social media. This term, I will be working with our Grade 6 student leaders to create some promotional material that we can put on our Facebook pages or in our local community. I know that they will have some creative and 'tech savvy' ideas to share.

Sport Days Reminders

P - 2: Tuesdays and Thursdays

3 - 6: Mondays and Thursdays

End of Semester 1 Reports

Hopefully, everyone was able to access their online journals last term and were able to locate your child/ren's report. If you have not been able to access this, please let me know and I will assist you.

Congratulations - A New Baby!!



Some of our families will remember Cassie Mulqueen who taught at St. Mary's for several years. I believe she would have taught our Grade 5 & 6 students in their junior years. Cassie and Aminda welcomed, with love on the weekend, a beautiful baby girl, Jemma. They are all doing very well and we wish them both all the best in this exciting time of their lives.

**HAPPY
BIRTHDAY**

July

16th ~ Xavier Power



**School Advisory Board Meeting
Monday 27th July
7pm**

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Like Nano.....



Tyler McEwan

Is a Person of Compassion and Justice.
Listening to those around her was an admirable quality of Nano Nagle.
Tyler is always very considerate of the needs and wants of his peers, often accommodating the needs of others before his own.



PLEASE NOTE:
ALL MASSES ARE NOW
RESTRICTED TO 20
PEOPLE



Like Nano.....



Edmund Wilson

Is a Person of Community.
Nano Nagle made a difference every day in the lives of so many.
Our day is made so much brighter when Edmund steps off the bus with a big smile and a bubbly "Good Morning".
What a way to start the day!



MASS TIMES

St Peter's, Bridgewater

*1st Sunday of the Month,
8:00am*

St Mary's, Inglewood

*Thursday's
9.15am
Each other Sunday of the Month,
8:00am*



Boys Brains

Online Zoom Session



This workshop will give insight in to the workings of a boy's brain and how their needs are different to girls'.

It will provide practical strategies to help parents understand boys' needs and how to meet them.

Term 3, 2020

When: Evening Session: Monday 27 July 2020
Time: 7.30pm - 9.00pm
When: Day Session: Friday 31st July 2020
Time: 10.30am - 12.00pm
Where: Online Zoom Session
Cost: Free
Facilitators: CCS Family and Relationship Services

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



For bookings and enquiries contact Reception on 5438 1300 or email@ccds.org.au



Bringing up Great Kids

Online Zoom Session



Parents would you like to.....

- Build strong and positive relationships with your children?
- Increase your children's confidence and resilience?
- Listen and talk more with your children?
- Understand your children's behaviour and how to respond to them?

Term 3, 2020

When: Thursdays, 23 July - 10 September 2020
(8 weekly sessions)
Time: Check in 12.15pm
Sessions 12.30pm - 2.00pm
Where: Online Zoom Sessions
Cost: Free
Facilitators: CCS Family and Relationship Services

Maximum 8 participants. Bookings are essential

Groups are subject to maximum and minimum numbers determined seven working days prior to start date. Please register early



For bookings and enquiries contact Reception on 5438 1300 or email@ccds.org.au

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Excellence in Health Care now and the future

July 2020

Promoting Diabetes Awareness Week 12th-18th July

DIABETES CONNECTED | COVID-19

It is now more important than ever to **Be Connected** to your diabetes healthcare team, and not skip your regular appointments during COVID-19.

Stay connected to your health team



Inglewood & Districts Health Service have plenty of arrangements in place to keep you safe if you need to contact your diabetes healthcare team.

Our Community Health Team are available over the phone, so you can continue to receive health care without leaving your home.

For your Diabetes management and overall health during isolation contact your local *Diabetes Educator* – **Michelle Clark** on 5431 7000 or email mclark@idhs.vic.gov.au

What is Diabetes? – Part 2

To recap from the last article, the discussion was about how food fuels our body, and that glucose is transported by insulin (taxicabs) to our cells, the cells convert it to energy for use.



If this process does not happen or faulty, the blood stream cannot maintain healthy levels of glucose, then long and short-term complications can occur.

Firstly, thirst, hunger, confusion, fatigue, mood swings, blurry vision, slow to heal, skin infections, tingling, pain; numbness in hands/feet, weight gain may be experienced.



Diabetes can increase the risk of a heart attack by four times, is the leading cause of blindness, kidney failure is three times more common, amputations are 15 times more common, and more than 30 percent will experience depression, anxiety and distress. If you have any of these symptoms please visit your doctor and tell them so, they will then screen for diabetes, early diagnosis and management is key to reducing diabetes related complications.

Why do these complications occur? To be continued

If you have any questions, feel free to contact the diabetes educator either by email or phone, a response will be published anonymously. Email: mclark@idhs.vic.gov.au P: 03 54317000

Mental Health & Wellbeing

WINNING WAYS TO WELLBEING

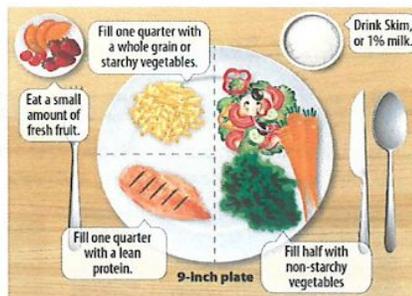
- CONNECT**
TALK & LISTEN, BE THERE, FEEL CONNECTED
- Give**
Your time, your words, your presence
- TAKE NOTICE**
REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY
- KEEP LEARNING**
EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF
- BE ACTIVE**
DO WHAT YOU CAN, ENJOY WHAT YOU DO, HAVE YOUR HOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

Healthy Eating for people with Diabetes

A healthy diet used in the treatment of diabetes is similar to the diet recommended for all Australians. To help manage your diabetes, Diabetes Australia recommend that you:

- ⇒ Eat regular meals & healthy snacks spread over the day
- ⇒ Base meals on high fibre carbohydrate foods such as wholegrain breads, beans, lentils, vegetables and fruits
- ⇒ Watch the amount of fat you eat and limit the amount of saturated fat by choosing lean meats and low fat dairy foods. Try to avoid fried takeaway foods, pastries and biscuits.



- ⇒ Keep your weight within the healthy weight range by matching the amount of food you eat with the amount you burn up each day.

Winter Fruit & Vegetables:

Apples, avocado, bananas, kiwifruit, grapefruit, mandarin, strawberries. Broccoli, cauliflower, kale, potatoes, pumpkin, sweet potato.

Staying Active – Introducing Shelley Evely

Role at IDHS: Occupational Therapist, which means I support people of all abilities to engage in activities (i.e. their occupations) they find meaningful.

I currently work in the a few roles at IDHS and am expanding the service as well:

- Residential care facility – making sure that people have the right equipment (wheelchairs, toilet/shower aids, pressure care) and that they can continue their normal routines as much as possible.
- Transition care program – helping people to get back home by prescribing home modifications or equipment or helping people to move into the residential care facility with the right equipment.
- People's homes – prescribing home modifications so that people can stay at home for as long as possible and helping people to develop routines and build on their skills.
- New to the service is working with children to develop fine and gross motor skills, sensory regulation and emotional regulation skills.



Referral pathways:

- General Practitioner (EPC)
- Aged Care Package (through your case manager)
- Directly (fee for service)
- NDIS

Quit Smoking to improve your Health

Smoking damages all people who smoke. However, for people with another illness, such as diabetes, asthma or high blood pressure, smoking worsens symptoms and makes illness harder to manage.

Quitting smoking is one of the best things you can do to manage your diabetes and stay healthier for longer however, it is important to contact your doctor and/or diabetes educator before quitting. Stopping smoking can affect how well you absorb insulin and your dose may need to be monitored or changed.

For information on beginning your quitting journey contact IDHS Community Health Nurse & Quit Educator, Chris Elliott & Bethany Takakis.

Now is the perfect time to stop smoking
You'll have the **best chance of quitting** for good if you:

- Know your triggers to smoke and plan for them
- Manage your physical and mental health
- Create new habits instead of smoking

AND

- Ask your doctor for low-cost NRT or stop-smoking medicine
- Talk to Quitline to find strategies that work for you

Call **Quitline 137848** quit.org.au/coronavirus