

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 1359) and actively seeks to ensure that all students are kept safe from all forms of harm at all times.



## St. Mary's School Newsletter

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**Term 3 - August 31st 2023 No.13**

### PRINCIPAL'S REPORT



Dear Parents, Families and Friends,

Father's Day is just around the corner, and it's the perfect time to celebrate and acknowledge the invaluable contributions of positive male role models in our lives. These individuals, whether they are fathers, stepfathers, uncles, grandfathers, or mentors, play a significant role in shaping our character, values, and future aspirations.

To honour these influential individuals, we encourage you to take a moment to reflect on the positive male role models in your life. Consider their unique qualities and the impact they have had on your personal growth. At St Mary's, we recognise the significance of positive male role models and the powerful potential they hold in shaping our students' lives.

In celebration of Father's Day, we will be organising a special event this Friday. Beginning from 8:30 a.m., fathers, grandfathers, uncles, and other male role models are invited to join us for a bacon and egg breakfast. This will be followed by a 9:00 a.m. Liturgy/photo reflection. We will conclude with woodwork activities organised by Kevin and the team at the Inglewood Men's Shed.

We wholeheartedly believe that celebrating Father's Day is not limited to fathers alone. It extends to all those remarkable men who have influenced our lives positively. Let us come together as a school community to express our profound gratitude and appreciation for their support and love.

On a personal note, I am feeling very blessed to be celebrating my first Father's Day as a dad myself. On behalf of St Mary's Catholic Primary, we wish everyone a joyous Father's Day weekend filled with love, gratitude, and cherished memories!

*Stephen O'Shannessy*  
Principal

## CALENDAR

### TERM 3, 2023

Friday 1st September	Father's Day Breakfast from 8.30am Liturgy/Photo Reflection 9.00am Woodwork Activity 9.20am
Monday 4th September	Wedderburn College Transition Day PSG Meetings <b>P&amp;F Meeting 6.30pm at St Mary's School</b>
Wednesday 6th September	Festival of the Sacred Performance at St Francis of the Fields
Tuesday 12th September	Science Day at Bridgewater Primary School
Friday 15th September	Last Day of Term 3 - Finish at 2.20pm <b>Footy Colours</b> Day

### TERM 4, 2023

Monday 2nd October	First Day of Term 4
Friday 6th October	Spring Sports Day at Bridgewater Oval
Tuesday 17th October	Wedderburn College Transition Day Learning Conversations
Sunday 5th November	Inglewood Alive Festival
Monday 6th November	PUPIL FREE DAY (Curriculum Day)
Tuesday 7th November	PUBLIC HOLIDAY (Melbourne Cup Day)



# 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



## Season of Creation

The Season of Creation has special significance for the Catholic Church, particularly since Pope Francis established September 1st as the annual World Day of Prayer for Care of Creation. It is a time marked throughout the Christian world from 1st September to 4th October (Feast of St. Francis of Assisi) and celebrates the joy of creation as well as encourages awareness-raising initiatives to help us to heal and protect Our Common Home.

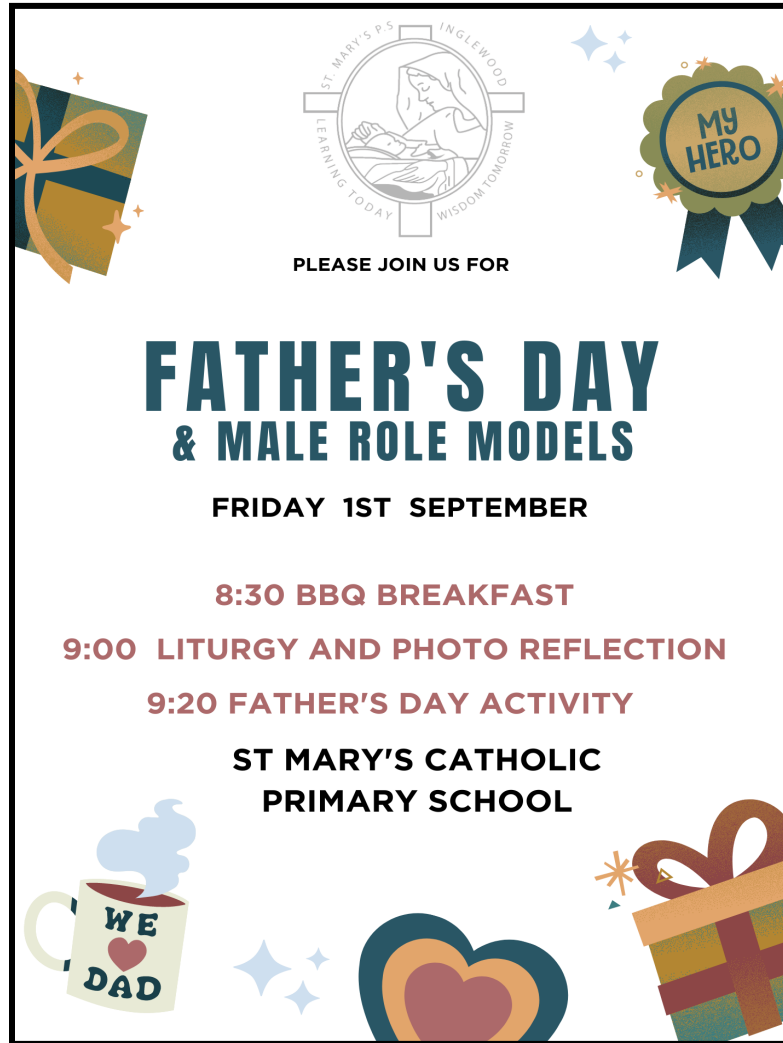
Our Year 5 students will be attending the Season of Creation Launch this Friday. Bishop Shane MacKinley will celebrate Mass with students, staff and parishioners in the Sandhurst Diocese.



Gracious God, on this Father's Day  
we're especially thankful for the  
fathers and father figures in our lives.  
Hold them in your good care.

Give them patience, wisdom and  
strength, that through them their  
families may experience your  
unconditional love.

Bless those who long to be fathers and  
those for whom this day is difficult.  
Amen.



PLEASE JOIN US FOR

# FATHER'S DAY & MALE ROLE MODELS

FRIDAY 1ST SEPTEMBER

8:30 BBQ BREAKFAST  
9:00 LITURGY AND PHOTO REFLECTION  
9:20 FATHER'S DAY ACTIVITY

ST MARY'S CATHOLIC  
PRIMARY SCHOOL

The poster features a central text area with a white background and a black border. At the top left is a gift box icon, and at the top right is a 'MY HERO' badge. The school's logo is at the top center. At the bottom, there are icons of a coffee mug with 'WE ❤️ DAD', a heart, and another gift box.



**Wednesday 6 September 2023, 1pm**  
St Francis of the Fields Primary School – The Shed  
*Featuring Grade 5 and 6 students from*  
St Francis of the Fields PS Strathfieldsaye  
Holy Rosary PS Heathcote • St Liborius' PS Eaglehawk  
St Mary's PS Inglewood • St Monica's PS Kangaroo Flat

**This is a FREE event for all families and friends  
of our school communities.**

Bookings essential: [forms.gle/YvsMCPNvoXo8APf98](https://forms.gle/YvsMCPNvoXo8APf98) (or scan QR code).  
Please allow time to locate parking.

**Festival of the Sacred**

Logos for Catholic Education Sandhurst Ltd, ASPA Education, and Let the Words Speak in Grace are also present.

## BIRTHDAYS



## STUDENT NEWS

### Hostel Visits

Every 2nd Friday the 5-6 students walk to the hostel to visit with the residents. During our visits, we talk with the residents, play games and learn about each other. We are looking forward to learning more about the residents next week.

*Tyler & James*

### Loddon Shire Smoothie Bike

The Smoothie bike is an exercise bike that activates a blender. Kellie Nguyen (IDHS) Dietitian/Health/Promotion) provided us with fruit, greek yogurt and milk to make enough smoothies for all of us. If you would like to try it, the recipe is below.

For one smoothie serve you will need;  
100mls of milk  
50mls yogurt  
1/2 cup of chosen fruit.

*Blend away until it is a thick mixture.*

A big thank you to Loddon Shire & Inglewood & Districts Health Service for providing us with the bike and ingredients.

*Ruby & Ryan*



### ASPAs- Festival of the Sacred

On Wednesday, we had our last rehearsal session with ASPA before our Festival of the Sacred performance. Students should be so proud of the effort and focus they have put into learning all of the words to the songs and the actions to the dances. We are very grateful for the work the ASPA teachers have put into teaching the students the repertoire and can't wait to perform next Wednesday 6th September at St Francis of the Fields Primary School in Strathfieldsaye. We hope to see lots of our St Mary's family and friends there at the concert supporting the students.



## Dietitian Visit

Kellie Nguyen visited us again on Tuesday to explain Food for Fuel. She discussed how different foods benefit our bodies and how we need to eat foods from each of the food groups to have a balanced diet. At the end of the lesson, Kellie asked us to create our very own healthy lunchbox plan using some of the healthy food groups.

**Abby & Ryan**



**Make your colourful lunch box today**



## Men's Shed

As part of our community engagement initiative, Year 4 students went to visit the Inglewood Men's Shed. Kevin and the team showed the students around and how certain items were made. It was a good experience for the year 4's as they developed relationships with members in our community. We are currently in talks with engaging on a regular basis with Men's Shed in 2024.



## Wonder White Bread Bag Donations

Thank you to all of the families who donated their bread bags last term! We received all of our points this week and have received a total of 1800 points. The students have voted for sports equipment that we need for our school, and the majority have said that we need new sports balls. St Mary's Primary School thanks all families who have donated their bread bags to our cause.



CHILDREN'S  
BOOK WEEK®  
#CBCA2023  
**READ  
GROW  
Inspire**



CHILDREN'S  
BOOK WEEK®  
#CBCA2023  
**READ  
GROW  
Inspire**



CHILDREN'S  
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## BOOK WEEK APPRECIATION AWARDS

CHILDREN'S  
BOOK WEEK®  
#CBCA2023  
**READ  
GROW  
Inspire**

### Student Awards



Edmund-  
Rubix Cube



Ryan-  
Creeper

### Visitor Awards



Millie- Emma  
Wiggle



Kerrie and Judy-  
Best paraders

## Footy Colours Day

For the last day of term we are going to be running our footy colours day. All students are asked to wear their favourite sporting colours and bring a gold coin donation. All profits will be going towards the Rochester community, who are still feeling the impacts after the devastating 2022 floods.



## Sun Smart

The UV is well and truly on the rise (even if the temperature isn't). It is important that our school community protects itself and is sun smart. Regardless of the weather, remember to SLIP, SLOP, SLAP, SEEK and SLIDE whenever UV levels reach three or more. ***Please ensure your child has their hat in their bag for days when the UV rating is 3 or more.***

1. To help create a barrier between your skin and the sun's UV, SLIP on clothing that covers as much skin as possible.
2. For any skin you can't cover with clothing, SLOP on SPF30 (or higher) broad-spectrum, water-resistant sunscreen. Apply 20 minutes before going outside and reapply every two hours. Students are advised to bring their own sunscreen to school and apply it themselves whenever necessary.
3. Protect the delicate areas of the head and face and SLAP on a sun protective hat. Make sure it has a wide brim that provides good shade to all areas. Caps do not provide enough UV protection so are not a suitable alternative.
4. Consider built, natural and temporary UV protection and encourage children to SEEK shade whenever possible. Set up activities in shaded areas.
5. If appropriate for your situation, SLIDE on wrap-around sunglasses labeled AS1067 to help protect the eyes from UV.



## PARENTS & FRIENDS NEWS

[P & F Meeting Monday 4th September 6:30pm at St Mary's School](#)

### Footy Tipping Competition

A big congratulations to our 2023 Tipping Competition winner – Tim Birthisel.

Tim finished the season way out in front on 153 points, coming an impressive 53<sup>rd</sup> in the ESPN site competition (out of 823k+ people).

In second place was Suzi Birthisel on 144 points, followed closely by Esava on 142 points who narrowly edged out Beepa on margin.

We would like to thank you for participating in our Tipping Competition for 2023. We hope it created some interest in the footy season, along with some friendly rivalry. The funds raised by the competition will go towards valuable resources for our students and we look forward to providing an update in the near future. Thanks again and all the best for the finals season. Here's hoping your team has a win.



## COMMUNITY NEWS






### INGLEWOOD - ST MARY'S

### Supported Playgroup




**STRONG FAMILIES**  
**STRONG CHILDREN**



 **TUESDAY | Term 3, 2023**  
 **11:00 AM - 12:30 PM**  
 **St Mary's Convent**  
**87 Southey Street, Inglewood**

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

### NDCH SUPPORTED PLAYGROUP

 54510200 Email: [Kinsley.Mowat@ndch.org.au](mailto:Kinsley.Mowat@ndch.org.au)  
[principal@sminglewood.catholic.edu.au](mailto:principal@sminglewood.catholic.edu.au)