



Term: 4 | Week 4 | Date: October 26, 2021

207 Federation Avenue, Corowa PO Box 279 Corowa, NSW 2646
p: 02 60331183 | e:smco-info@www.catholic.edu.au

MESSAGE FROM THE PRINCIPAL

Dear Parents and Guardians,

It was fantastic to see and welcome all our new 2022 Kinder students last Tuesday for their first Transition session. Please be aware that for the next 4 Tuesdays this means that the pick up zone out the front will be a bit busier with more cars and people, especially younger children, so please navigate this area carefully.

Last week the Murrumbidgee Local Health District urged people within the Federation Council area to limit their movements as much as possible given the current Covid challenges in the NSW Southern Riverina and North East Victoria. Currently there are over 30 schools affected around this area, so I please urge everyone to ensure you are keeping up to date with the list of local exposure sites as well as following the current restrictions to ensure our local and school communities stay safe and healthy.

I'm looking forward to seeing all the students in their crazy socks tomorrow and I can't wait to see the recyclable soccer balls they have made and will be using as part of the Socktober soccer shootout challenge in PE tomorrow. We'll find out how good my goalie skills are as well!

Friday saw a change in Level 3 Covid Guidelines regarding Year 6 graduation events, which was great to see. At this stage there has been no change regarding excursions or end of year assemblies, but hopefully this changes in the next few weeks as well.

Finally, a reminder that we cannot have students arriving onsite before 8:30 a.m in the morning. I know I might sound pedantic, but arriving at 8:27 a.m or 8:28 a.m is still too early as we don't have staff outside until 8:30 a.m. for our morning duties.

Have a wonderful week and stay safe.

Regards,
Glenn

Note to self:

*When things feel
overwhelming, remember:*

- . One thought at a time
- . One task at a time
- . One day at a time

KEY DATES

- Wednesday 27 Oct:** Socktober - Crazy sock day
- Friday 29th Oct:** World Teacher's Day
- Sat 6th/Sun 7th Nov:** Commitment Masses for Reconciliation and First Holy Communion
- Sat 13th/Sun 14th Nov:** Commitment Masses for Reconciliation and First Holy Communion
- Term 4 Parent Planner:** [Click here to view the Term 4 planner](#)

ACKNOWLEDGEMENT OF COUNTRY

We acknowledge and pay our respects to the traditional custodians, past and present of this land of the Wiradjuri people who long before us lived, loved and raised their children on this land.

We also acknowledge all the Aboriginal and Torres Strait Islander families in our community and acknowledge their deep physical and spiritual connections to their land.

ST MARY'S SCHOOL NEWS

COVID GUIDELINE UPDATE

Last week saw a couple of updates to the Level 3 Covid-19 guidelines for schools.

Masks

Staff are no longer required to wear masks outside.

Year 6 Graduation

Schools at this stage are permitted to hold graduation events for Year 6 students after December the 1st. This means we can now plan for the Year 6 Graduation Mass on Monday December 13th, in the Church.

SOCKTOBER CHALLENGE



Socktober invites students to engage with developing world issues through the universal language of sport. Young people are challenged to "Sock it to Poverty" using the world game of soccer.

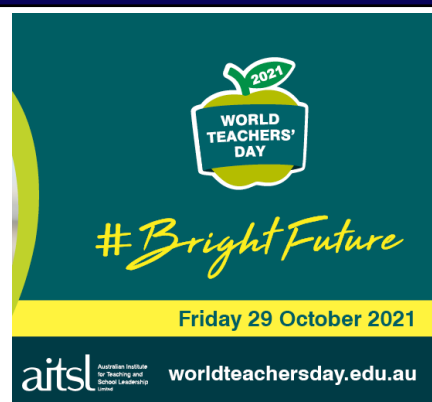
This Wednesday at St Mary's, we would like all students to **wear crazy socks** on this day and to have their **handmade Sockball** ready for the Soccer Shootout Challenge in PE. Please bring in a gold coin/s donation to support Catholic Mission in their mission to 'Sock it to poverty' and support the Sisters of the Good Shepherd Kindergarten in Thailand. Thank you.

WORLD TEACHERS DAY - FRIDAY OCTOBER 29TH

Australia will celebrate and thank the teaching profession on World Teachers' Day on **Friday 29 October 2021**.

Teachers (with support from parents and carers) have ensured education continues across the country this year, despite major challenges. It's reinforced the significant role teachers play in the lives of children and students, their families, and communities.

A big thank you to all our wonderful teachers and staff at St Mary's for everything you do to support our students and families.



BOOK CLUB

Our last Scholastic Book Club is due back to the Office by Friday.

RESOURCE LINKS



smcwww.catholic.schooltv.me



esafety.gov.au/iparent



Click to read the latest edition of "Together"

ST MARY'S PHOTOS

LAST WEEK'S BIRTHDAYS & MERIT CARDS



YEAR 3 GARDENING



Pictured are Bella and Mona with some of the produce from the garden. We have been enjoying picking the sweet peas to share around the classrooms. Recently we planted lettuce, cucumber and zucchini. We are hoping for some produce before the end of term. Hope everyone is enjoying Spring!

ST MARY'S SCHOOL NEWS

SCHOOL FEES - 2022 -

Please see below the progression of school fees for students from 2022 - 2024 as per the new school fee policy from the Diocese of Wagga Wagga Catholic Education Council.

2022			
	Per Term	Per Year	2021/22
1 Child	\$425	\$1,700	-\$144
2 Children	\$765	\$3,060	\$30 +
3 Children	\$924.05	\$3,696	\$0
4 Children	\$1,020	\$4,080	-\$392

2023			
	Per Term	Per Year	2022/23
1 Child	\$400	\$1,600	-\$100
2 Children	\$720	\$2,880	-\$180
3 Children	\$920	\$3,680	-\$16
4 Children	\$960	\$3,840	-\$240

2024			
	Per Term	Per Year	2023/24
1 Child	\$375	\$1,500	-\$100
2 Children	\$675	\$2,700	-\$180
3 Children	\$862.50	\$3,450	-\$230
4 Children	\$900	\$3,600	-\$240

2022 KINDER TRANSITION

Our **"New Beginnings Transition Program"** will continue next week and runs for an hour per session. The sessions will start at **2:00 pm and run until 3:00 pm**. The remaining dates for the transition program are:

Tuesday 2nd November, Tuesday 9th November, and Tuesday 16th November.

In line with the current COVID-19 guidelines for Transition Programs the following needs to be adhered to:

- All students must be well and free of any flu-like symptoms in order to attend.
- Parents and carers are not able to attend on the school site and are to report to the designated drop-off and collection zones at the front of the school.
- Those with surnames from A-L will sign their child in and out at 1:50 p.m at the gate in front the school hall.
- Those with surnames from M-Z will sign their child in and out at 1:50 p.m at the double gate at the front of the school, in line with the driveway.
- Parents and carers are asked to leave promptly at the conclusion of both signing in and picking up their child.
- All parents and carers must maintain physical distancing while signing their child in and out.
- All parents and carers must check in using the QR code.

This Program will assist your child in learning the routines and help them become familiar with the school facilities, teachers and the Kinder classroom.

Please note the correct date for our **Orientation Day** which is **Tuesday 30th November** from **9:30 am until 11 am**.

ST MARY'S WELLBEING

MANAGING OVERWHELM

Due to the pandemic, the world we now live in is a very different place.

The hyperconnected nature of our current environment means that we are constantly being reminded of the challenges we face via numerous media and social media channels.

Our connectivity to the digital world exposes us to a barrage of messages that can leave us feeling overwhelmed.



As a result, many children and their parents are reporting higher levels of stress and anxiety.

Unfortunately, our brains have not evolved fast enough to adapt to this digital landscape. The combination of constant access to information and having little control over the situations presented, can be stressful and overwhelming. It is therefore important for adult carers to check in with their children and be aware of what information they may have been exposed to.

It may not necessarily be the information itself that is harmful, but more their inability to process and make sense of it. Providing children with the skills and strategies to cope will enable them to flourish and thrive, socially, emotionally and academically.

The blueprint for parenting, based on our own experiences, is no longer fit for purpose in raising kids as citizens of tomorrow. This can be inherently stressful and overwhelming, not only for parents and carers, but children alike. If left untreated or unmanaged, constant stress and anxiety can lead to a number of behavioural issues or health consequences.

This Special Report suggests a number of strategies to help manage any feelings of overwhelm that you or your child may be experiencing. We hope you take a moment to reflect on the information offered, and as always, we welcome your feedback. If this raises any concerns for you, a loved one or the wellbeing of your child, please seek medical or professional help.

Here is the link to your special report:

smcwww.catholic.schooltv.me/wellbeing_news/special-report-managing-overwhelm

COMMUNITY NOTICES

Supporting Sensory Regulation - For Parents



This workshop will include interactive activities, discussion and the presentation of evidence-based strategies to support the regulation and sensory needs of children and young people experiencing mental health complexities, with a specific focus on Autism Spectrum Disorder and Developmental Trauma. The workshop will be delivered from an occupational therapy perspective, with additional reference to key neuroscience and attachment-based research.

Presenter:

Kate Piromalli
Clinical OT Advisor

Friday 19 November
10:00pm – 12:00pm

Cost: \$30

[Book here](#)

This Workshop is suitable for :

- Parents
- Carers



Contact for more information:

Lisa Campbell lisa@aass.org.au Phone: 02 9601 2844