



Term: 1 | Week 03 | Date: February 7, 2023

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,

We've had a great start to the school year and this week sees our first full week, so I'm expecting the students will all sleep very well this Friday night. The students from Year 5 and Year 6 have made the move to their new classrooms, and while there are still a few little bits and pieces to finish off, they were all excited to be in their newly refurbished learning spaces.

Please note that in this newsletter there is some important information regarding food allergies. We will be sending home some additional information about this as well, but we do ask that **no nuts, nut based products or food items with nuts** in them are sent to school. As a school learning community we need to continue to become allergy aware in order to ensure all students can be safe and healthy whilst at school.

This Friday is a special time for our school where all classes will be attending our 2023 Beginning School Mass. At this mass our 2023 student leaders will be presented with their leadership badges and we will have a special introduction for all our new Kinder students. It's a wonderful opportunity for us to come together as a school community for the first time this year, so I would like to invite everyone to come and join us. The mass begins at 9:30a.m in the St Mary's Church and following the Mass I would like to invite those who have attended to come over to the school and enjoy some time with the students while they eat their recess.

Finally, as we have increased our numbers of students at school this year, as you would have noticed that this means there are more vehicles in the pick up zone after school. I would encourage making use of the parking spaces near the Church and waiting for your students to be walked across the crossing to ease some of the congestion.

Have a fantastic week.

Regards,
Glenn

*and
so the
adventure
begins*

KEY DATES

Wednesday 8th February - No Kinders

Thursday 9th February -School Swimming Trials

Friday 10th February - Beginning School Mass @ 9.30am

Monday 13th February - P&F Meeting @ 3.30pm in the school hall

Tuesday 14th February -PUPIL FREE DAY

Wednesday 15th February - No Kinders

Thursday 16th February - Deanery Netball Trials

[2023 Parent Planner coming soon.](#)

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

FOOD ALLERGY INFORMATION

Anaphylaxis is a severe allergic reaction that is potentially life-threatening. The most common causes of Anaphylaxis in schools are food and insect allergies. The only way to prevent allergic reactions is to avoid being exposed to the allergen.

This is a reminder that we do ask that families and students are '**allergy aware**' in terms of the type of food that is brought to school. We do have students at St Mary's who can have a serious and life threatening medical/health response to food, particularly nuts and nut based products, **so we ask that these types of foods are not brought to school.**

Our school is supporting students at risk of Anaphylaxis in the following ways and we ask for your support as well with:

- encouraging students with food allergy to wash their hands before and after eating,
- encouraging all students to wash their hands after eating
- teaching students not to share food with friends,
- teaching students the importance of getting help immediately if their friend with an allergy looks sick,
- educating students about allergies and Anaphylaxis, and
- teaching students that teasing someone with an allergy is not acceptable behaviour.

Each family will receive a separate information letter and additional information to help our entire school community become more 'allergy aware'.

SAVE THE DATE

PUPIL FREE DAY

Tuesday 14th February

VIP ASSEMBLY

Friday 10th March

All welcome

SCHOOL COUNCIL

Our first School Council meeting for the 2023 school year will be held on

Tuesday February 21st

@ 6:00 p.m

Anyone who is interested in joining our School Council are most welcome to attend.

BEGINNING SCHOOL MASS

Friday 10th February @ 9.30am

at the St Mary's Church

Students K to Yr 6 will attend.

All family and friends are warmly invited to join us to celebrate our new beginnings.

ST MARY'S STAR OF THE SEA MASS TIMES

Saturday: 6:00 p.m **Sunday:** 9:00 a.m

Mid week mass times available via Parish

Website: stmaryscorowa.com

ST MARY'S SCHOOL NEWS

BEFORE AND AFTER SCHOOL PICK UP & DROP OFF

As we start back to school, please ensure you take extra care when picking up and dropping off students by car.

A reminder that all parents are able to come and collect students from their classroom, however, we do ask that you don't congregate around the classroom doors as we still need to ensure students and staff can move freely and safely in and out of the rooms before the school day ends.

Students picked up by parents:

- Students will be exiting via the Main School gate and the School Office gate.
- Parents who park in the 'Drop and Go' car parks and in the northern end of the car park are asked to exit their cars and collect their child from the Main School gate.
- Parents who park towards the southern end of the car park are asked to collect their child from the School Office gate.
- We now have access again to the northern end of the car park as the construction parking signs are no longer required.

Students who walk/cross Federation Avenue:

- Students who walk/cross Federation Avenue will assemble on the corner of the COLA and wait for the teacher to walk them across the road.

John St: (between the school and the RSL Park)

- Please do not drop off or pick up students along John St (as marked in the image), as this is a very narrow and busy section of street before and after school, particularly with buses using it.



Additional Parking:

To ease congestion in the car park, parents can park at the Church and then wait for their students to be walked over the road by a staff member.



Students walking, riding or scooting to school:

A reminder that it is recommended that students under the age of 10 do not ride bikes or scooters to school unaccompanied by an adult.

Upon entering the school grounds, students must hop off and walk their bike or scooter. Scooters and bikes must also be walked across the school crossings at all times

RESOURCE LINKS



smcwww.catholic.schooltv.me



esafety.gov.au/iparent



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ST MARY'S SCHOOL NEWS

SWIMMING TRIALS

A reminder that students will need to return their swimming trial nomination form tomorrow, so we are organised for the swimming trials on Thursday.

Thank you to those who have offered to help out on the day.

YEARS 1 & 2 SWIMMING

All students from Years 1 and 2, we are still waiting on a date when the indoor pool will be available at the Corowa Aquatic Centre. Once we have this date, we will let you know when the students will be swimming. In the meantime if you have not returned your note, please return to the office this week.

VOCAL ENSEMBLE

All Welcome!

Rehearsals for our school's vocal ensemble will commence tomorrow, (first half of lunch).

All students are most welcome to come along and have some fun in a supportive setting :-)

Thank you, Ann

TUCKSHOP

St Mary's is looking for a Tuckshop coordinator or coordinators to run the Tuckshop for 2023. If you are a parent, guardian or grandparent that would be interested in filling this role please contact the school office for further information. ***A huge thank you to Clara Davis who did a wonderful job in this role last year!***

Further information will be sent home asking for volunteers to assist in the running of tuckshop throughout the Term.

MOBILE PHONES & SMART WATCHES

Mobile phones and Smart watches are to be signed into the office at the start of each school day, where they will be kept securely. At the end of the day students may collect their belongings before heading home.

P&F MEETINGS

Monday 13th February at 3.30pm in the school hall.

Please let the school know if you would like to put anything on the agenda. All welcome.

SCHOOL FEES

School fee statements will be sent via email. Fee Payment Agreement forms will be sent home.

For all fee enquiries please contact Vanessa at the office.

RESOURCE LINKS



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ST MARY'S SCHOOL NEWS

STUDENT AWARDS

End of 2022 Student Awards

Over a student's experience at St Mary's, they are presented with merit cards at our weekly assemblies to recognise their efforts and achievements with learning as well as positive behaviours as a member of our school learning community. When they receive 5 merit awards they then receive a Merit Certificate. If a student earns 5 Merit Certificates they are then presented with a Principal's Award. It was with great pleasure at the end of last year that Eli achieved a Principal Award to recognise his ongoing, consistent efforts and positive attitude towards learning. Well done Eli and all the best for secondary school this year.

Federation Council Student Achievement Awards

Congratulations to Harry Norman and Mollie Thomas who received Student Achievement Awards at the Federation Council Australia Day awards ceremony held at Mulwala. It's great recognition for your dedication and application to school and sporting endeavors and we wish you all the best for the start of secondary school this year.



Eli Bonnitcha



Harry Norman



Mollie Thomas

CHANGE OF DEANERY SPORTS DATE

Please note we have been notified by the CEDWW Sports Team of two change of dates for sporting events.

Albury Deanery Swimming is now Monday February 20th.

Diocesan Netball is now being held on Wednesday March 1st in Wagga.

Both dates have been updated on the Sports Dates section of the newsletter.

AFL TRIALS - BOYS

The Albury Deanery AFL trials will be taking place on Wednesday 22nd February.

Under CEDWW rules, only those who play competitive football on the weekends, not just Auskick or attending football training, are permitted to try out.

Mr McMahon will send a note home with those students who wish to trial, with further information for parents and guardians about the registration, cost, trial and travel processes.

RESOURCE LINKS



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ST MARY'S SPORT DATES

ST MARY'S CARNIVALS	SWIMMING	CROSS COUNTRY	ATHLETICS
	School Swimming Trials - 9th February Carnival date TBC - Term 1 Deanery: 20th February - Albury Diocesan: 8th March - Wagga Wagga Mackillop: 30th March - Sydney	School Cross Country 28th March - RSL Park Corowa Diocesan : 1st May - Griffith Mackillop: 13th June - Eastern Creek	School Athletics: 25th May - Morris Park Corowa (TBC) Deanery: TBC- Albury Diocesan: 26th July - Albury Mackillop: 18th October - Sydney

DIOCESAN TRIALS	AFL	CRICKET	HOCKEY
	Deanery Trial: Boys - 22nd Feb - Thurgoona Girls - TBC - Wagga Wagga Mackillop Trial: 28th March - Wagga Wagga	Diocesan Trial: (Wagga) Boys & Girls - TBC Mackillop Trial: (Wagga) Boys - TBC Girls - TBC	Diocesan Trial: Boys & Girls - TBA Mackillop Trial: Boys & Girls 5th May - Lyneham
	NETBALL	SOCCER	TENNIS
	Deanery Trial: 16th February - Albury Diocesan Trial: 1st March - Wagga Wagga	Deanery Trial: TBC Diocesan Trial: Boys 27th April - Wagga Girls 28th April - Wagga	Diocesan Trial: TBA Mackillop Trial: TBA

IMPORTANT INFORMATION REGARDING DIOCESAN SPORTS TRIALS - from the CEDWW Sports Team

Diocesan sports trials are mainly for Year 6 students and some Year 5 students who show a high standard of skill and sportsmanship for the chosen sport, however, if there is an exceptional younger student they may be considered.

Each school in the Diocese is restricted to a certain number of students for each sport, so a school trial may have to be held if we have too many names. We are normally permitted 4 spaces for each boys and girls event. Preference may also be given to Year 6 students if we have too many nominations. Once we have finalised the nominations at school, **parents are responsible for registering their student** via the <https://csnsw.sport/> website

To be eligible, students **MUST** have an out of school commitment to **participation in the chosen sport**. If your child chooses to nominate for a trial and is selected, we will give you further information on the registration process. Parents are responsible for transporting your student to the trial and any associated costs as part of the Diocesan trials process.

OTHER EVENTS	PAUL KELLY CUP	COROWA CRICKET CUP	JACKIE MURPHY NETBALL
	Year 5 & 6 Boys and Girls - TBA	Year 3, 4, 5 & 6 Boys and Girls - TBA usually in Term 3	Year 4 & 5 - 1st September - Wagga Year 6 - 8th September - Wagga

ST MARY'S SCHOOL NEWS

CLASS & SCHOOL COMMUNICATION

As I mentioned at the start of the newsletter, good home/school communication is really important to help support the learning development of your child.

Your child's classroom teacher should always be the first point of contact regarding your child's learning needs and requirements.

- If you need to speak to your child's teacher or other staff members of St Mary's for more than a quick hello or message, please arrange an appointment time with them.
- Please note that during the school day, teachers do not have time to respond to emails, take phone calls etc as they have other duties and preparation to do when they are not face to face teaching.
- Each family will be sent information on how to connect to your child's learning and teacher via the Seesaw platform when this is set up. This is a great way not only to see what samples of your child's learning, but it also has a feature to allow communication between families and teachers.
- We understand that for some parents, sending a message or email may not be possible until after your work hours are complete. Staff are not expected, and all staff are encouraged by Glenn not to respond to any messages outside of regular working hours (past 5:30 p.m or before 8:00 a.m and on weekends).
- All staff will endeavour to respond to Seesaw messages, emails or phone messages within 24 hours, excluding emergency situations or scenarios.

General Information

St Mary's uses a variety of means to share general information for all families, which may include COMPASS, our school newsletter, our website, Facebook page and physical notes.

INSTRUMENTAL LESSONS

At St Mary's we offer an external Instrumental Lesson program for students Years 3 - 6, run by Musicorp. Lessons are completed weekly at school. For more information, scan the QR Code below.

Existing Instrumental Program students will be contacted by Adam from Musicorp, regarding when lessons will recommence this term.



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Enrol Today!

Make it a year of music for your kids!

Musicorp holds weekly group lessons at your child's school. The term fee includes the lessons, book, music stand and instrument to take home and practice with.

Scan the QR code for full details, pricing, available instruments and to enrol or visit: www.polygon.ws/lessons



RESOURCE LINKS



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SCHOOL NEWS

KINDERS FIRST DAYS AT SCHOOL

Our Kinders have been having such a wonderful time getting to know their new teachers, new class mates and their Year 6 Buddy. It has been so wonderful to see their big smiles each morning as they get to know their school life routine.



**ST MARY'S STAR OF THE SEA
MASS TIMES**

Saturday: 6:00 p.m **Sunday:** 9:00 a.m
Mid week mass times available via Parish
Website: stmaryscorowa.com

SAFER INTERNET DAY - TUESDAY 7TH FEBRUARY

Whilst today is Safer Internet Day, it is an important reminder that as parents, we need to be having constant conversations with our children about what they do online. Even more importantly we need to reflect and act on these questions regularly:

- Do I know what sites and apps my child uses?
- When was the last time I spoke to them about what they do online?
- What is our family agreement on what to do if they come across inappropriate content online?
- Does my child know what to do if they were bullied online?
- When was the last time I looked at my child's devices to see what they are looking at, who they are talking to and what they are saying/posting online?
- Is my child using their device in a bedroom instead of in an open communal space?

It is so important to have constant conversations with them about their online use.

The stats and information below may be confronting, but this is the reality of what your student may be accessing or coming across online.

The majority of parents usually respond by saying 'my child wouldn't do that' *however please be very aware that this is now the norm of what students are confronted with online if they are using social media sites and other apps that they are too young to be accessing.*

"Please don't fall into the camp of 'not my child'. It is your child."

A study that tracked the online activity of nearly six million kids, found 90% of teens and two-thirds of tweens consistently encountered "stomach-churning" messages around drugs, sex, and self-harm.

The research was based on an analysis of more than 3.4 billion messages sent by tweens and teens across texts, email, YouTube, social media platforms and gaming apps.

Among its most troubling findings were sky-high figures for bullying, self-harm and suicide, and predatory behaviour.

- 43% of tweens and 75% of teens were involved in a self-harm/suicidal situation.
- 69% of tweens and 91% of teens encountered nudity or other sexual content.
- 75% of tweens and 93% of teens talked online about drugs/alcohol.
- 72% of tweens and 85% of teens experienced bullying as a bully, victim, or witness.
- 32% of tweens and 56% of teens had online conversations about depression.
- 20% of tweens and 42% of teens used language or were exposed to language about anxiety.
- 81% of tweens and 94% of teens expressed or experienced violent subject matter/thoughts.
- 10% of tweens and 21% of teens encountered predatory behaviors from someone online.

Why it's important to **Connect. Reflect. Protect.** this Safer Internet Day



Almost half

of children were treated in a hurtful or nasty way online in the past year¹

26%

of children have treated someone in a hurtful or nasty way online in the past year²

1 in 10

children have been the target of hate speech online³

30%

of teens have been contacted by a stranger online⁴

47%

of 14 to 17 year olds have received a sexual message from someone in the past year⁵

Many parents of 14 to 17 year olds aren't aware their children have viewed potentially

harmful content⁶

67%

of adults have had a negative experience online in the past year⁷

30%

of LGBTIQ+ Australians experience online hate speech — double the national average⁸

32%

of Aboriginal and Torres Strait Islander peoples* also experience hate speech — double the national average⁹

References: Mind the Gap, 2022 (1,2,5,6); Digital lives of Aussie teens, 2021 (3,4); Adults'

negative online experiences, 2020 (7); Online hate speech, 2020 (8,9).

*First Nations people.

No student under the age of 13 should be using/have accounts for the following:



TikTok



Instagram



Snapchat



Facebook



Messenger



Twitter



Discord



Steam



Twitch

**FOR HELP IN NAVIGATING
THE ONLINE WORLD**

Visit: www.esafety.gov.au/parents

Report online bullying: www.esafety.gov.au/report

 **eSafety Commissioner**

ST MARY'S POLICIES

CAR PARK & COLLECTION POINT

Parents are reminded to collect children from the "parent gate" at the front of the school (Federation Avenue service road car park) after school. Please do not park **anywhere** in **Mary Street** to collect or drop off children at school, as this is a **bus zone**.

CONTACTING STUDENTS & TEACHERS

A reminder that the correct procedure for contacting students at school is to report to the School Office, and then a message will be conveyed via the child's classroom teacher. Parents must avoid making contact with teachers and children during lesson time to prevent interruptions to classroom teaching and learning, and in the interests of security.

If parents would like to discuss concerns or issues, they should arrange an appointment with the teacher or the Principal through the School Office. Thank you for your adherence to this policy, which ensures maintaining the best possible learning environment for the children in our care.

SCHOOL HOURS AND SUPERVISION OF STUDENTS

Please note the hours during which this school is conducted each day and for which period normal supervision of students is provided.

Lessons commence each morning at 9.00 am and conclude at 3.10 pm on Mondays to Fridays. The school grounds are open to students from 8.30 am until 3.30 pm each afternoon. At all times outside the period from 8.30 am to 3.30 pm on Mondays to Fridays, the school grounds and buildings are out-of-bounds to all students.

It is therefore the case that, while normal supervision of students by the school will be undertaken between 8.30 am and 3.30 pm on Mondays to Fridays, no supervision will be provided other than between those hours and no responsibility will be taken by the school for any consequences of the activities of students outside those hours.

Please assist the school in the interests of the students' safety by ensuring that your child does not attend or remain in the precincts of the school outside the hours of 8.30 am to 3.30 pm on Mondays to Fridays.

The school accepts no responsibility in regards to supervision, accident or injury involving children using the play equipment, who are not enrolled at St Mary's.

ATTENDANCE POLICY

In accordance with Diocesan policy, St Mary's requires to know if a student is going to be absent from school. The best way to inform the school is entering the absence via the compass portal, or a phone call to the office on the day of the absence or a note brought in via a sibling.

Parents/guardians have the responsibility to ensure that their child attends school regularly. Please sign and date all correspondence.

Holidays in designated school times - As part of the implementation of the National Standards, holidays taken by students outside of school vacation periods will now be included as absences. **A Certificate of Exemption can no longer be granted for this purpose.** Families are encouraged to holiday or travel during school vacations.

Any child who arrives to school after the 9:00 am commencement, **must be signed in at the school office** and this **must be completed by a parent or guardian**. Please note due to COVID-19, parents are to ring the Office for a staff member to do this.

ST MARY'S POLICIES

SCHOOL ZONE SAFETY REMINDER

Please keep a look out for children around school zones and remember the speed limit is 40 km/h.

For the new parents travelling and taking your child to school **please be aware that parking offences within school zones have a demerit point penalty**. You are not allowed to stop within a 'Bus Zone' or 'Taxi Zone' to drop off or pick up.

Please take care and keep you and your family safe!

ELECTRONIC COMMUNICATIONS ACCEPTABLE USE POLICY

Parents are asked to communicate the following to their children who attend St Mary's Corowa.

Electronic Communications Acceptable Use Policy

- For personal safety, a student is not to give out personal information (such as a home address, birthdate or telephone number (only a Christian name is to be used). A student is to respect the privacy of teachers and fellow students by not giving out their personal details.
- The internet can be used as a tool for school-based research, however, work/ideas are not to be copied and passed off as the student's own work.
- Mistakes sometimes happen. The Internet shows a history of the paths which one has chosen. If a student mistakenly accesses material which is dangerous, abusive, rude or inappropriate they will tell their teacher immediately, otherwise it may be assumed that it was intentional and a student may, at the discretion of the Principal, lose Internet access.
- Students will use appropriate and polite language when using the Internet as a form of communication.

SCHOOL UNIFORM

A reminder that correct school uniform **must** be worn or a note of explanation is to be sent with your child.

SUMMER (GIRLS) Term 1 and 4

Blue and white check dress OR school polo shirt with tailored navy blue shorts (Midford with SMC monogram).

Light blue socks.

Black shoes or brown sandals (not skate shoes).

Navy blue wide brimmed hat with school emblem logo.

SUMMER (BOYS) Terms 1 and 4

Grey school shorts and light blue, button through, short sleeved shirt OR school polo shirt.

Grey socks.

Black shoes or brown sandals (not skate shoes). Navy blue wide brimmed hat with school emblem logo.

SUN SAFE

School policy requires all children to wear their school hats during this term. The '**No Hat, No Play**' rule applies and children without hats will be told to sit in a shaded area. Please make sure your child has a school hat at school and it is **clearly marked**. Children may apply sunscreen prior to school.

ST MARY'S POLICIES

BUS FORMS

Bus forms are no longer available. Parents are required to go online to Transport NSW and register for the School Student Transport Scheme. Our school is listed as St Mary's Primary School (Corowa)

<https://apps.transport.nsw.gov.au/ssts/>

If your child has entered Kindergarten or Year 3 and travels on a school bus service or you have moved address, a new application must be completed online. This is a requirement from the Transport New South Wales.

AMBULANCE COVER

Our School Accident policy covers students' medical and ancillary expenses when there is an accident. This covers ambulance in all states. However, **in the case of an illness students are not covered under this policy for Ambulance Cover outside NSW.** This is the responsibility of parents to ensure their ambulance policy is current and covers them outside NSW.

MEDICAL NEEDS

Please contact the office if your child has any needs that may require medication to be administered during the school day. Please request a **Medication Form** from the school office.

Asthma Forms are also available from the school office.

New forms for Asthma, Medication and Anaphylaxis need to be **completed each year** and any time there is a change in treatment.

FOOD ALLERGIES

Please be aware that we have several children with nut allergies. We would appreciate if you could assist the school in maintaining a safe environment for our students by **not including any nut products** in your child's lunches. This includes products such as peanut butter or Nutella; or snack bars and biscuits with nuts. Please be aware of this when we have special events/morning teas etc.

ASCIA Anaphylaxis Plans must be arranged by a doctor and it is requested that a copy of these plans is presented to the school.

WATER BOTTLES

The children are encouraged to have water sippers in the classroom, especially during the hotter months. This keeps them hydrated and able to think clearly and function well in the classroom.