



Term: 1 | Week 05 | Date: February 21, 2023

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MESSAGE FROM THE PRINCIPAL

Dear Parents and Guardians,

I'm sorry to sound like a broken record and start with a reminder, but as I'm on before school duty most days, I'm still observing several parents dropping students off along John St near the RSL Park. As I've mentioned before, this is not the safest place for students to be dropped off each morning and I ask again that parents please do not use this area as a drop off or pick up point. Whilst I understand for some students it's closer to their classrooms than the main drop off point at the front of the school, I think it's more important that everyone is safe.

It was great to see the students at the Albury Deanery swimming event yesterday giving their all every time they swam an event. There was lots of encouragement from their team mates which was great to see as well. Thank you to our parent volunteers who did the timing across the day and for those who came along to support as well. Congratulations to Belle and Ollie who have progressed to the Diocesan trials later in the month.

This Wednesday is Ash Wednesday which marks the start of the season of Lent. The students from Year 1 to 6 will be attending Mass in the church at 12:00, where they will be invited to receive the ashes. All parents and guardians are most welcome to attend as well. Further in this email is some more information regarding Ash Wednesday and Project Compassion, that we at St Mary's proudly support.

Finally, a big thank you to the Parents and Friends as well as the volunteers who have organised, cooked and provided pancakes for the all students today as we recognise Shrove Tuesday. This was traditionally the last day for some indulging before the start of Lent which began on the following day, Ash Wednesday.

Have a fantastic week.

Regards,
Glenn



KEY DATES

Wednesday 22nd February -	Ash Wednesday Mass - St Mary's Church 12pm
Wednesday 22nd February -	AFL Deanery Boys Trials - Albury
Friday 24th February -	Assembly 11.30am start
Friday 24th February -	David Enever Music Concert - St Mary's Church 2pm
Wednesday 1st March -	Netball Diocesan Trials - Wagga
Wednesday 8th March -	Parent and Teacher Interviews

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

CHANGE OF SPORTS DATES

Please note due to us receiving the dates to the Paul Kelly Cup, we have had to make an alteration to the date for our school cross country.

The school cross country will now be held on Tuesday 4th of April.

The Paul Kelly Cup will be held on Tuesday March 28th. We will send more information to the students involved in this event as soon as we receive more details regarding registration.

SHROVE TUESDAY

Thank you to the P&F and our volunteers for organising our Pancake Tuesday morning tea.

The students absolutely loved their special treat.



DEANERY SWIMMING

Well done to all our students who participated in the Deanery Swimming on Monday. Everyone swimming their best and did an amazing job.

Congratulations to Ollie and Belle, who will be advancing to the next stage at the Diocesan Trials in March.



**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

PARENT & TEACHER INTERVIEW - WEDNESDAY 8TH MARCH

HOW TO BOOK YOUR PARENT TEACHER INTERVIEW

Parent teacher interviews are scheduled for Wednesday 8th March from 12:00 noon to 6:00 p.m. We will be using the COMPASS Parent Portal to make the bookings. These bookings are able to take place face to face, however we do ask that ***if you are at all unwell on the day, do not attend*** and make an alternative time to meet with your child's teacher.

Please note that whilst the interview bookings are visible via the COMPASS app, the booking system currently needs to be accessed via a web browser.

To make a booking, log into the COMPASS Parent Portal via a computer.

- In your news feed, you will see the link to the Bookings section, also known as 'Conferences' and can also be found under the 'Community' menu.
- The first time you access this you will be given a quick tour of how to make a booking.
- Simply select your child from the top right of the booking window.
- Then select the teacher from the right hand side by clicking on their name.
- Finally select the time slot you would like the interview for and click on it and make the booking.
- If you have more than 1 child, you will need to repeat the process for each child.

If you experience any difficulties, please contact your child's class teacher or the Office.

NSW PREMIER'S READING CHALLENGE

Would you like your child to be part of the 2023 NSW Premier's Reading Challenge? It's not too late.

The Challenge commences on **February 27th, 2023**. There is no cost involved to participate. The Challenge aims to encourage a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely. The Premier's Reading Challenge (PRC) is open to all our students. Children can have books read to them, shared reading by parent and child or reading independently.

"What books are good books for my child to be reading? - catering for a range of interests, ages and variations in reading ability. [NSW Premier's Reading Challenge 2023 : Booklist Home](#)

Please read the information at [NSW Premier's Reading Challenge 2023 : Home](#) and the updated rules. If you like to register your child, please email Ruth Parkinson St Mary's PRC Coordinator parkinsonr@ww.catholic.edu.au

RESOURCE LINKS



smcwww.catholic.schooltv.me



esafety.gov.au/iparent



Click to read the latest edition of "Together"

ST MARY'S SCHOOL NEWS

ANNUAL SCHOOL FEES PAYMENT AGREEMENTS

A reminder that all Annual School Fee Payment Agreements are now due.

Please return to the office as soon as possible.

If you have any questions please contact the office.

Thank you,

Vanessa

PARENT TALK

Please find a link below from the Council of Catholic School Parents. Parent Talk can be a great resource for parents to tap into for events, information and the latest developments within Catholic Schools.

<https://www.ccsp.catholic.edu.au/parenttalk?nid=25>

CEDWW CHARTER

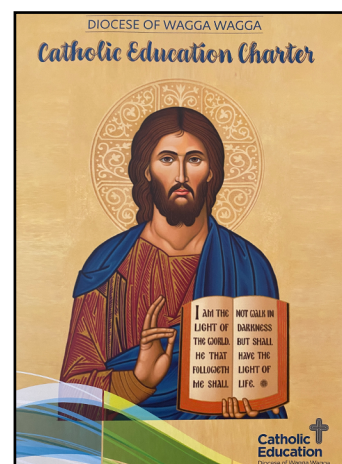
Last Tuesday all staff from each of the schools in the Albury Deanery (Albury, Corowa, Culcairn, Holbrook and Lavington) gathered together for a day of collaborative learning. There were three main focus areas on the day, the launch of the new CEDWW Charter, our Diocesan Transformative Learning statement and the new Wellbeing for Learning Framework.

These are 3 key documents that all schools across CEDWW will be utilising to support the ongoing learning and teaching within all our schools across the Diocese.

The overarching Charter has 4 pillars on which we look to operate as a system of schools, and are important individually for all schools, stating that as a school St Mary's is a:

- A community of Welcome
- A community of Faith
- A community of Service
- A community of Learning

Over the course of the year I will provide more information about each of these documents and how they work to support the learning for our community at St Mary's.



RESOURCE LINKS



smcwww.catholic.schooltv.me



esafety.gov.au/iparent



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ASH WEDNESDAY - 22ND FEBRUARY**(Week beginning 20th February)**

This week, the season of Lent begins with Ash Wednesday, which also marks the beginning of the annual Caritas Australia Project Compassion Appeal. Donations to Project Compassion allow Caritas Australia, the Catholic Agency for International Aid and Development, to work with local communities around the world to end poverty, promote justice and uphold dignity.

The theme of Project Compassion 2023 is 'For All Future Generations' and reminds us that the good we do today extends to impact the lives of generations to come. It invites us to make the world a better place by working together now and finding long-term solutions to global issues. We encourage you to put your compassion into action this Lent through prayer, fasting and almsgiving in support of Project Compassion.

Each family (eldest child) will receive a Project Compassion box for their donations or you can donate online via the Caritas Australia

website at: www.caritas.org.au/project-compassion

At St Mary's Corowa- we ask that your child returns their Project

Compassion box to school in Week 10 Term 1 or to Father John on the collection plate at mass anytime in the next five weeks

**RESOURCE LINKS**smcwww.catholic.schooltv.meesafety.gov.au/iparent

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ST MARY'S SCHOOL NEWS

P&F NOTICES

ST MARY'S PRIMARY SCHOOL, COROWA



VIP DAY

PARENTS, GRANDPARENTS & FRIENDS ARE INVITED TO JOIN US FOR VIP DAY!

STARTING WITH AN ASSEMBLY UNDER THE COLA, FOLLOWED BY A TOUR OF THE SCHOOL & A BBQ LUNCH PROVIDED BY THE P&F

10/3/2023 @ 11:30AM



Leadership planning for 2023

PARENTS & FRIENDS
ASSOCIATION

AGM

ALL INVITED TO ATTEND



3:30pm

Open to all
parents &
friends of St
Mary's

Wednesday
March 15
St Mary's
School Hall

Positions open:

- President
- Secretary

For more information: (02) 6033 1183

TOGETHER

The February edition of Together is available now.

<https://wagga.catholic.org.au/together-paper/>

RESOURCE LINKS



smcwww.catholic.schooltv.me



esafety.gov.au/iparent



Click to read the latest
edition of "Together"

ST MARY'S SPORT DATES

ST MARY'S CARNIVALS

SWIMMING

School Swimming
Carnival date TBC - Term 1

Deanery:
20th February - Albury

Diocesan:
8th March - Wagga Wagga
Mackillop:
30th March - Sydney

CROSS COUNTRY

School Cross Country
4th April - RSL Park Corowa

Diocesan :
1st May - Griffith

Mackillop:
13th June - Eastern Creek

ATHLETICS

School Athletics:
25th May - Morris Park Corowa (TBC)

Deanery:
TBC- Albury

Diocesan:
26th July - Albury

Mackillop:
18th October - Sydney

DIOCESAN TRIALS

AFL

Deanery Trial:
Boys - 22nd Feb - Thurgoona
Girls - TBC - Wagga Wagga

Mackillop Trial:
28th March - Wagga Wagga

CRICKET

Diocesan Trial: (Wagga)
Boys & Girls - TBC

Mackillop Trial: (Wagga)
Boys - TBC
Girls - TBC

HOCKEY

Diocesan Trial:
Boys & Girls - TBA

Mackillop Trial:
Boys & Girls 5th May - Lyneham

NETBALL

Deanery Trial:
21st February - Albury

Diocesan Trial:
1st March - Wagga Wagga

SOCCER

Deanery Trial:
TBC
Diocesan Trial:
Boys 27th April - Wagga
Girls 28th April - Wagga

TENNIS

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

Year 5 & 6 Boys and Girls
- Tuesday March 28th

COROWA CRICKET CUP

Year 3, 4, 5 & 6 Boys and Girls
- TBA usually in Term 3

JACKIE MURPHY NETBALL

Year 4 & 5 - 1st September - Wagga
Year 6 - 8th September - Wagga

ST MARY'S WELLBEING



After School Restraint Collapse

'After School Restraint Collapse' or better known to parents as a 'tantrum or meltdown', is often observed when children return home from school. Restraint Collapse is literally, physical and emotional exhaustion.

Children will hold onto their biggest emotional reactions for the people that are the safest to them, as safety and trust are key ingredients to helping process these big emotions. Often, parents ask teachers if their child displays these behaviours at school, but it is discovered that it only occurs at home. This is very typical.

Once we understand this and know that your child is not the only one displaying these big emotions and 'difficult' behaviours, we can establish routines that might assist with the sensory overload that occurs after their school day.

Here are 8 tips that will support children displaying 'After School Restraint Collapse'.

Connection – Children are seeking positive connections. Before you pick up/return home, remember to regulate yourself beforehand. As adults, we feel tired at the end of the day too, but we have more emotional intelligence and self-awareness. Practice deep breathing and reflection before greeting your child. Remember, connection = regulation.

Snacks – Keep a healthy snack and drink for the bus/car ride home or have something readily available to eat to refuel and gain some more energy for your child.

Exercise – Being outdoors in nature, engage in a physical activity such as going for a walk or ride using your big muscle groups, head to the park to let off some steam.

Relax - Down time and space is a great tool to refill your cup after a long day. Try to limit evening activities to help ease the build-up of pressure prior to bedtime.

Routines – Predictability is key with all children. If there are often activities such as sports training or music lessons, you might find having a visual aid helpful for children to see their schedules. Also, a key point here, having too much on the schedule can contribute to overtiredness and overstimulation, therefore big feelings.

Homework – Can be a very helpful tool for your child, and it is a great opportunity for connection with adults or siblings. Pencil in reasonable expectations around homework and ensure they feel supported in this process.

Mindfulness – Is a great tool to enhance concentration and mental clarity. It relieves stress, and improves emotional intelligence which builds on a calm more regulated child. Incorporating breathing exercises, meditations, yoga etc. into daily routines can improve emotional regulation.

Sleep – a good sleep will help start the day refreshed. Try to have similar wake and sleep times each day. Have the right amount of food at the right time so your child isn't uncomfortable at bedtime. Ensure they get enough natural light during the day to promote alertness during the day, and tiredness at night. Turn off all devices at least one hour prior to bed to help boost the naturally occurring hormone, melatonin (sleep hormone).

Some of these tips may be helpful to reduce some of your child's end of day emotional displays, regardless of 'meltdowns' or not – these are healthy activities for all children.

Phone 1300 619 379

Fax 02 6921 1375

info@centacaresnsw.org.au

centacaresnsw.org.au

ALBURY

449 Olive Street
Albury NSW 2640
PO Box 3143
Albury NSW 2640

GRIFFITH

140 Yambil Street
Griffith NSW 2680
PO Box 2330
Griffith NSW 2680

MULWALA

109 Melbourne
Street
Mulwala NSW 2647

WAGGA WAGGA

203 Tarcutta Street
Wagga Wagga
NSW 2650

Centacare
South West NSW Ltd
ABN 72 610 403 480


KEEP CONNECTED



ST MARY'S SCHOOL NEWS

Transport for NSW Careers

We're hiring School Crossing Supervisors



Help protect our vibrant school communities.

Be a road safety hero for school kids, caregivers, and school staff.

Be a second set of eyes for local motorists at busy times.

Earn an income and still have time to live your life to the fullest.

Casual roles available
Corowa LGA-69401

Does this sound like you?

- Willing to work outdoors in all weather conditions.
- Able to communicate with different groups and give clear instructions.
- Community-minded.
- Friendly and positive manner.

Days and hours


- Shifts will fall between 8:00am - 9:30 am and 2:30 pm - 4:00 pm, Monday to Friday during school terms with a minimum of one hour shift as required

Apply today


Applications close Wednesday 14th September 2022

Visit jobs.transport.nsw.gov.au and search for **Reference Number: 69401** or search 'School Crossing Supervisors' for a full list or vacancies or scan the QR code to apply.

For further information, contact Sandhini Chaudhary
E: Sandhini.chaudhary@transport.nsw.gov.au
P: 0466 343 704



jobs.transport.nsw.gov.au



Jayco
Albury Wodonga
Your ONE STOP RV SHOP



lake hume Cycle Challenge

Sunday 12th March 2023

enter now

Pick a ride that suits you:

- 80km/988m** Bethanga Beast
- 65km/870m** Sandy Creek Loop
- 40km** Tallangatta Trail Tour
- 15km** Kiewa River Family Ride

FREE post-ride sausage sizzle and soft drink.

Find out more at
lakehumecyclechallenge.com.au

Photo courtesy of the Border Mail

Proudly sponsored by:



Proudly Supporting **Albury Wodonga Regional Cancer Centre Trust Fund Inc.**



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