

We aspire, we include, we achieve.

3 Newsletter

28 February 2024



News from the Principal

Dear Families

Over the past few weeks, Marie and I have spent a considerable amount of time preparing for our School Review. There are essentially three parts to the review; VRQA Compliance, Child Safety Standards and School Improvement Framework. While each section has required significant evidence in proving we meet the standards, it has been a valuable opportunity to reflect on St Mary's School's strengths and opportunities.

St Mary's School is committed to promoting the inherent dignity of children and young people and their fundamental right to be respected and nurtured in a safe school environment. This is particularly so for the most vulnerable children, including Aboriginal and Torre Strait Islander children, children from culturally and/or linguistically diverse backgrounds, and children with disabilities.

When allegations of abuse concerning children and young people are raised, St Mary's School takes prompt action to have these appropriately referred and investigated. The fundamental issues of understanding effective practices in child safety and identifying and responding to child harm are paramount for our school.

St Mary's School strives for continual improvement that is responsive to emerging thinking, evidence and practice, so as to eliminate the possibility of abuse occurring in the first place. Creating a childsafe school environment is a dynamic process that involves active participation and responsibility by the school, our families and our community. It is marked by collaboration, vigilance and proactive approaches across policies, procedures, curriculum, and practices.

Every person involved at St Mary's School has a responsibility to understand the important and specific role he/she plays individually and collectively to ensure that the wellbeing and safety of all children and young people are at the forefront of all we do and every decision we make.

In accordance with requirements of the Victorian Government's Ministerial Order No 1359, St Mary's School maintains a culture of 'no tolerance' to child abuse. If you haven't already done so, we ask that any volunteers in our school sign the updated Child

Safety Code of Conduct and email to the school. Please also provide a copy of your Working With Children's Check Card to Jackie in the front office.

St Mary's School has again been invited to take part in this year's World Day of Prayer that will be held this Friday, 1 March. This significant day is a global movement which brings Christians of many traditions together to observe a common day of prayer each year. Through preparation and participation in the worship service, we can come to know how other countries, languages and cultures understand the Biblical passages in their context. It will also give our students the opportunity to hear concerns and needs others around the world have and pray with and for them. In this way, we hope it will enrich our students' faith in an 'outward' facing expression. As part of this day some students in Years 5&6 will be walking to and from Wesley Uniting Church, Yarra Street Geelong to participate in a Liturgy at 11:00am. Parents/Guardians and other family members are most welcome to join us on the day.

A reminder that this weekend, the final Sacramental Enrolment Masses will be celebrated at parish Masses at St Mary's Basilica. If your child/ren are intending to celebrate a Sacrament this year, it is a requirement that they attend with an adult family member, and that the required enrolment form is completed and submitted at the end of the Mass. All additional information has been previously communicated with the relevant families.

Next week, our Foundation to Year 4 students will participate in our Swimming program. Thank you to their families for supporting them to be prepared for each day. I know what an effort this can be!

We will celebrate Mannix Feast Day on Friday, 15 March. Everyone is asked to wear a touch of red in support of our Mannix House members. To make it very easy for families, students can wear their school uniform with a touch of red (Eg, ribbon, socks, etc.) or casual clothes with red (Eg, T-shirt, shorts, etc.) No money needs to be brought on the day, as this is covered in the Activity and Event Levy. All money will be donated to the St Mary's Parish Pantry, who do a wonderful job supporting families in need, including some of our school families.

Kind Regards, Annice Lappin



MARY'S SCHOOL IS COMMITTED TO PROVIDING A SAFE, NURTURING AND EMPOWERING CULTURE FOR ALL CHILDREN AND YOUNG PEOPLE.

CALENDAR





Friday 1 March School Photo Dav Students wear summer uniform

World Day of Prayer 11:00 am, Wesley Uniting Church Selected Year 5/6 Students

Geelong Advertiser Photo Foundation Students

Week 6

Monday 4 March School Assembly, 3:00pm (5/6 Sapphire) Gates open 2:55pm

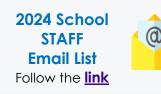
Monday 4 to Friday 8 March Foundation—Year 4 Swimming

Wednesday 6 March School Advisory Council Meeting, Staffroom, 7:00 pm

Friday 8 March Lunch Order Day-Orders close

Week 7 Monday 11 March SCHOOL CLOSED Labour Day Public Holiday

Term 1 School Calendar, Page 3



FAMILY HANDBOOK Scan the QR Code or follow the link





St Mary's School acknowledges the Australian Aboriginal and Torres Strait Islander peoples as the first inhabitants of the nation and the traditional custodians of the lands where we live, learn and work.

Page 2



News from the Deputy Principal

Dear Families,

Thank you to the families who were able to join us for last week's Parent & Teacher Conversations. The timing of these conversations are deliberately scheduled during the first few weeks of school to provide an opportunity for both families and staff to share important information that will benefit the year-long partnership.

Last week, I met with the school's student leaders. The school's play breaks were the main 'agenda topic' and from their perspective they feel that the school's current Playground Timetable is fair and successfully being implemented. They also reported that the 'Mobile Library', an initiative started last year by Max, one of our school leaders, has been a positive addition to our break times also. Next term we hope to introduce 'Italian Club' to add to the breaktime activities offered.

On **Wednesday 13 March NAPLAN** assessments will commence for students in Year 3 and Year 5. With the exception of Year 3 Writing, all NAPLAN tests are conducted online. Any questions or enquiries relating to your child's NAPLAN participation can be directed to Hannah Jackson (Year 3), Jack Flynn-French (Year 5) or myself.

Each test session will commence <u>by 9:05am</u> and it is essential that all participating Year 3 and Year 5 students are at school, by 8:50am, on each testing day.

The testing schedule for St Mary's School is as follows:

WEEK 7	Wednesday 13 March at 9:05am	Writing Year 3 - 40 minutes Year 5 - 42 minutes	
	Thursday 14 March at 9:05am	Reading Year 3 - 45 minutes Year 5 - 50 minutes	
WEEK 8	Monday 18 March at 9:05am	Conventions of Language Year 3 - 45 minutes Year 5 - 45 minutes	
	Tuesday 19 March at 9:05am	Numeracy Year 3 - 45 minutes Year 5 - 50 minute	

Cari Saluti, Marie Monea



Lastly, we congratulate **Caitlin Rippon**, Pearl classroom teacher, on her marriage to George Steven earlier this month. Whilst Caitlin is now known as **Mrs Steven**, for the time being her email address remains the same. With Cait's permission, I have included some photos of Cait's special day on page 5. I am sure you will all agree that the 'class-made' paper bouquet, courtesy of Year 1/2 students, added a lovely touch!



Page 3

Term 1 School Calendar, 2024

Wk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	MAR 4 F-4 Swimming 3:00pm School Assembly (5/6 Sapphire)	MAR 5 F-4 Swimming	MAR 6 F-4 Swimming 7:00pm School Advisory Council Meeting, Staffroom	MAR 7 F-4 Swimming	MAR 8 F-4 Swimming
7	MAR 11 SCHOOL CLOSED Labour Day Public Holiday	MAR 12	MAR 13 NAPLAN (Years 3&5) Assessment Period Opens Newsletter Day 7:00pm Parents & Friends' Meeting, School Staffroom	MAR 14	MAR 15 LUNCH ORDER DAY Routley's Bakery MANNIX FEAST DAY
8	MAR 18 9:15am 2025 School Tour	MAR 19	MAR 20	MAR 21 5:00pm Sacrament of Confirmation	MAR 22 NAPLAN (Years 3&5) Assessment Period Ends FRESH FRUIT FRIDAY
9	MAR 25 PSG Meetings	MAR 26 CROSS COUNTRY F-2 (School Site) 3-6 (Eastern Gardens) Open Classrooms; 3:30pm-4:30 pm	MAR 27 2025 Foundation Enrolments (Siblings) Close 12:30 pm School Assembly (1/2 Pearl) Newsletter Day. Easter Raffle Draw. End of Term 1: 1:00pm	MAR 28 STUDENT FREE DAY	MAR 29 SCHOOL CLOSED: Good Friday

Plain Victoria's Child Safe Standards language summary 2 <u>å</u> Your organisation welcomes Aboriginal children. You support Child safety is important to everyone at all levels in your organisation. You document 1 Your organisation supports children to know their rights to be WELCOME safe from abuse, informed, and them to express their culture and to enjoy their rights. You don't allow racism. how you find, avoid, and stop risks of child abuse or harm. involved. You help them to talk openly and take part in decisions that affect them. 4 5 6 Your organisation tells families and the community about what you do, and how you keep children safe from harm and Staff know what they must do to keep children safe from abuse and harm. They Your organisation understands that every child <u>.</u> record, report, and share information about is different and has different reeds. You make sure that they can get the 0 abuse. You help families to have a say and to take part in decisions that affect their child. child safety when they should. Staff who work with children have had the information and help that they need. background checks they need. 8 9 V Your organisation trains Children and their families know Your organisation makes and supports staff to keep sure children are safe when they use your services, settings, and activities. This includes how to make a complaint and what happens when a complaint is made. Your staff know how to children safe from abuse and harm. Your staff know the signs of child abuse and harm and what to when children are online. respond properly to complaints. do if there are issues of abuse and harm. 10 For more information, contact the Commission for Children and Young People)<u>©</u>@ Your organisation has written Your organisation checks and improves the ways you keep children safe from policies about how you keep children safe from abuse and harm. They are easy to understand, abuse and harm. www.ccyp.vic.gov.au and all staff follow them.



By Dani Spencer, Provisional Psychologist



Helping our Young Ones Manage the Stress Response

Stress can have a bad rap. It is often associated with negative states, such as worry or irritability, and negative outcomes, such as poor health. In the hustle and bustle of everyday life, it can feel like an unavoidable companion, and yet at the same time, we can feel like it is something we need to avoid, and that we need to protect our children from. The science is now showing us though that reframing how we think about stress can change the way we experience it and the outcomes associated with it.

The stress response, sometimes called the 'flight – fight response', is hardwired into our biology. It is the system the body uses to up our energy to meet a challenge. Our heart rate quickens, our senses sharpen, our muscles ready for action, and our attention focuses. It is our body letting us know that is it ready. Seeing this response as helpful rather than harmful can shift our experience of this state from anxious to confident, and our response from avoidance to courage.

Parents and teachers have important roles in helping children to understand stress and how to manage it. In addition to letting them know that their stress is there to help them, we assist children to develop the foundational skills for managing stress are through teaching them to be noticers of their body and through coregulation.





The whole-body experience of the stress response can be difficult for children to understand. Many children need guidance in naming the physical sensations they are experiencing as part of the stress response. This is particularly true for the funny feelings they get in their tummies. While many children experience these 'butterflies' as 'feeling sick', inviting them name this sensation, understand that it is a shared experience, and to see this as their body letting them know they have a challenge, and it is gearing up to help them manage can be helpful.

Some children find it hard to detect the smaller changes of a low-level stress response and need our support to recognise that their body has changed gear. Sharing observations such as 'I notice that you are clenching your jaw a bit', or 'I notice that you're a bit redder than normal', can assist them to start noticing these low intensity indicators in their own bodies, and in time allow them to take action before the highest intensity is upon them. These self-noticer skills are the foundation of future stress management skills.

Co-regulation is the process by which children learn to self-regulate by having adults model and share calm behaviours with them. Co-regulation has two powerful effects. The first is that it restricts the intensity of the stress response. When used often throughout childhood, this impact can be seen in the child's stress responses decades later. The second effect is that it can teach children strategies that activate the 'rest and digest response' – the flight – fight response lesser known counterpart. The rest – and – digest response acts like a parachute that brings us back down following a stress response.

Common co-regulation strategies include acknowledging distress, using a warm and calm voice and presence, and using age – appropriate movement or touch (eg a cuddle, rocking, walking beside).

Co-regulation depends on the adult being regulated. This doesn't mean feeling calm, but it does mean having enough in the tank to be able to act calmly. Remember to care for yourself too so this is possible.



These external links may be helpful for those wanting to know more.



In the next newsletter we'll explore more about the emotional experience of stress for children.

Page 5



Foundation 2025 Enrolment

Foundation 2025 Enrolments OPEN 26 February 2024 Enrolments CLOSE: Current School Families 27 March 2024 New School Families 19 April 2024

SCHOOL TOUR DATES:

Tuesday 27 February, 2024 I 9:15 am Monday 18 March, 2024 I 9:15 am Thursday 18 April, 2024 I 9:15 am

ST MARY'S PRIMARY SCHOOL 66-68 Lt Myers Street, Geelong

Tour bookings open 30 January | Book your school tour at: www.smgeelong.catholic.edu.au/enrolments



Enrolment Process

CURRENT SCHOOL FAMILIES (Siblings)

First Round Offers By T2, Week 1

Enrolment Interviews Monday 13 May Link will be sent via the offer letter

Current Families at the school **DO NOT** pay a \$50 non-refundable **application** for enrolment deposit.

NEW SCHOOL FAMILIES

Enrolment Interviews Monday 22 April Tuesday 23 April Link to book will be sent

when application and enrolment deposit received

First Round Offers 24 April

New Families to the school pay a \$50 nonrefundable **application** for enrolment deposit.

Enrolment Form

Hardcopy Enrolment Forms available at the school office.

> Book a School Tour

Medical Management at St Mary's School

St Mary's School requires parents/carers/guardians to contact School Administration if your child requires ongoing medication at school and/or has a health/medical management plan, or has a diagnosed health need. The principal must approve all ongoing and regular administration of medication at school.

If a student at St Mary's School has a diagnosed health care need, complex care need or relevant medical condition, there must be in place:

- A Medical Management Plan prepared and approved by a treating AHPRA Health Practitioner and provided to the school by the parents of the child, outlining the required care and support and an escalation plan to be followed in the event of a related incident, and
- An authorised plan/form, the Medication Authority Form, for administration of medication (if applicable) at school, in accordance with the Medical Management Plan. The school requires that parents make a request to the school when their child requires medication to be taken during school hours.
- A Student Health Support Plan developed between the school and the parents of the child to articulate implementation of required care, support and risk mitigation.

Medical Management Plans need to be updated annually or when a child's condition changes, a child's medication has changed, before an excursion/camp (risk assessment) or when medication is due for expiry.

STUDENT MEDICATION MANAGEMENT

Where students have been diagnosed with a medical condition and require the administration of medication at school, St Mary's School requires parents/carers/guardians/carers to provide relevant information to enable it to carry out its duty of care obligations through a <u>Medical Management Plan</u> and <u>Medication</u> <u>Authority Form;</u>

Medical Management Plan, prepared by the registered AHPRA Health Practitioner and parent/guardian/carer, detailing:

- brief relevant information concerning the medical condition of the student that will be of assistance to the school in its care of the student;
- the type of treatment and the frequency of administering treatment while at school;
- what action to take if the student's health deteriorates; and
- the name, address and telephone numbers for an emergency doctor and emergency family contact.

Medication Authority Form

 Medication (for non-threatening illnesses) is the parents'/ guardians' responsibility and will only be administered by the school if indicated in the Medical Management Plan and accompanied by a Medication Authority Form completed and signed by the parent/guardian and the AHPRA Health Practitioner. Families must communicate with the school's administration team and classroom educator regarding medication and authorisation forms to ensure the correct actions are taken.

A **condition specific Medical Management Plan** - Asthma, Anaphylaxis, Allergic Reaction Plan **do not** require a Medication Authority Form to be completed, unless the form doesn't cover the medication to be administered.

If a student has a presenting health need that requires <u>short</u> term medication (prescription or over the counter) to be administered during school hours, only a Medication Authority Form is required to be signed by an AHPRA registered medical practitioner or pharmacist, and the student's parent/guardian/ carer. For any medication that is to be administered during school hours, the Medication Authority Form must indicate the correct required dosage, storage instructions and medication must be supplied in the original packaging with full details indicating the child's name, type of medication, time to be taken and via the correct method, such as inhaled or orally.

Ongoing daily medication is to be provided to the school in a <u>Webster Pack or DoseAid packaging</u>. The school will do its best to administer medicine as required. *Please note:* the school does not allow the first dose of a new medication at school in case of an allergic reaction.

Families are advised that asthma reliever medication ie Ventolin is the only medication that can be kept with the child in a classroom environment. All other medication will be stored in a safe place within the First Aid Room and will not be accessible to young people without adult supervision. Substances prescribed for a particular student e.g. Epipen – are retained solely for the use of that student.

All staff, inclusive of casual relief teachers, are made aware of the students with Medical Management Plans and their Management Plans are displayed in a sensitive manner.

Melbourne Archdiocese Catholic Schools St Mary's School Medication Authority Form

Melbourne Archdiocese Catholic Schools Medical Management Plan





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Geelong Aquatic Centre (GAC) **4 to 8 March**

Foundation to Year 4 SWIMMING PROGRAM

SESSION 1: 3/4 QUARTZ, YEAR 1 STUDENTS 11:45 pm Bus pick at St Mary's 11:55 pm Change at GAC 12:15—1:00 pm

Swimming Lesson 1:00 pm Change at GAC 1:15 pm Depart GAC 1:25pm Arrive St Mary's

SESSION 2:

3/4 GARNET, FOUNDATION STUDENTS 12:30 pm Bus pick at St Mary's 12:40 pm Change at GAC 1:00—1:45 pm Swimming Lesson 1:45 pm Change at GAC 2:00 pm Depart GAC 2:10 pm Arrive St Mary's

SESSION 3:

3/4 ONYX, YEAR 2 STUDENTS 1:15 pm Bus pick at St Mary's 1:25 pm Change at GAC 1:45—2:30 pm Swimming Lesson 2:30 pm Change at GAC 2:45 pm Depart GAC 2:55 pm Arrive St Mary's

School Photos 2024 Friday 1 March

Annual school photos including sibling photos will be taken by Arthur Reed Photos on FRIDAY 1 MARCH 2024.

There is no need to return any forms or money to school.

Unique image codes will be issued to all students on/after photo day so families can register online to view images when they become available in the webshop.

Registration is simple, just follow the 3 simple steps on your child's personalised flyer once you receive it and remember to add the codes for all your children attending this school.

Even if you registered last year, it's important that you do again this year using your child's 2024 image code to link their images for the current year with your contact details.

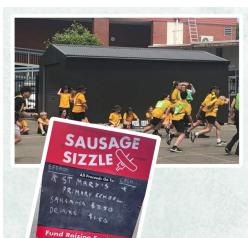
When images are ready to view and in the webshop, all parents who have registered will be notified by SMS and email.

Once registered, please wait for notification that 2024 images are online to view before making your purchase.

Page 9



St Mary's Primary School





with the generous support of the school community Over the last few years the PSF have

- Donated \$10,000 to School to aide in the purchasing the equipment shed by Parish gate
- Donated \$2,000 to STEM resources
- Donated \$2,500 to the Stephanie Alexander Kitchen Garden Program
- Provided \$10,000 of funds per year for School to use for learning and resources
- Contributed a portion of the cost of the Grade 6 T-shirts

The PEF also focuses on opportunities to draw the School and the School community together. The P&F

- Helps facilitate Fresh Fruit Fridays with the generous support of East Fruit Market
- Assists with Lunch Order Fridays
- Runs the Second Hand Uniform shop, helping the environment by reducing clothing waste; and providing a lower cost option for families.
- Provided food for the annual Foundation Parent Evenings, so that new School parents can meet and greet teachers and other parents



Supported or planned many great Community events for the School, such as Parents' social night at Beav's Bar, Trivia Night, Bunnings BBQ, Easter eggs for students, World Teachers' Day, School Colour Run Picnic, and other great things.



By St Mary's School Parents & Friends' Association

Page 11



What does it require? Anything is fine. We have meetings twice a term, normally at School at 7:00 pm but we do move them to Zoom in the cold winter months. If you come along to a meeting, you don't have to volunteer for anything. We go through the plans for future events and discuss any other things that the school community has brought to our attention (like uniform change or fundraising suggestions).

If meetings aren't your style, simply keep an ear out for when we have P&FA events on over the year...we may shout out for volunteers (think squirting coloured chalk at the Colour Run, flipping a sausage at a BBQ, setting up tables for Trivia night, or slicing up toasted sandwiches on Cheer Toasty Truck Day).

NEXT MEETING:

Wednesday 13 March @ 7:00 pm at School. There will be nibbles!

Second-hand Uniform shop- is run with the help of the School Community's very kind donations of clean uniforms that are in good used condition and no longer fit your family. Donated uniforms can be dropped at the Office. Purchases can be ordered by contacting

Interested in being involved?

the amazing **Teonie** or **Simone** though the **School: It's Social** Facebook page, or contact <u>pfa@smgeelong.catholic.edu.au</u> to see if we have your size. <u>All proceeds from the P&FA uniform shop go to</u> <u>Sport, Art and STEM resources</u>.

UNIFORM SHOP REQUEST: We are really low on Size 4 and 6 items, just in case you have a Grade 1 or 2 that has had a growth spurt recently and need to empty the cupboards!

MOTHER'S DAY is going to be here soon! This year, the school is coordinating a 'stall' where students will be invited to choose a gift for a special someone. No money needs to come to school, as the funds are already covered in the School fees. Gift ideas are still being finalized, however, if you or anyone you know is crafty; makes a product a Mum would love to have; and is looking to get your product out and about (and onto our stall) please let us know.

Sherryn Young

St Mary's School Parents & Friends' Assocation Secretary 2024 pfa@smgeelong.catholic.edu.au



Secondary School: OPEN DAYS



CLONARD OPEN DAYS 2024

Wednesday 13, Friday 15 and Friday 22 March 2024

Multiple Information and Tour Sessions

Bookings are essential and can be made online from Wednesday 31 January 2024

clonard.vic.edu.au





ST JOSEPH'S COLLEGE GEELONG **OLLEGE TOURS**

St Joseph's College Geelong invite you to join our College Tours this semester.

We are proud to continue offering an innovative education, and we welcome all senior primary school boys and their familes to come and visit us.

Year 7 applications for 2025 are now open, apply via the college website.

Bookings essential, register via our College Website: sjc.vic.edu.au



Tours commence at 9:00am

Monday 18 March Wednesday 20 March Tuesday 26 March Wednesday 27 March Wednesday 17 April Friday 19 April



Enrol to learn. Graduate to lead.

Saint Ignatius College Geelong

www.ignatius.vic.edu.au

DISCOVERY **DAY 2024 FRIDAY 22 MARCH**

shcgeelong.catholic.edu.au



Open Tour Dates:

- MONDAY 18 MARCH 4.15 PM 5.45 PM TUESDAY 19 MARCH 11.00 AM 12.30 PM WEDNESDAY 20 MARCH 11.00 AM 12.30 PM THURSDAY 21 MARCH 9.00 AM 10.30 AM THURSDAY 21 MARCH 4.15 PM 5.45 PM •

BOOK A TOUR ONLINE NOW IONA.VIC.EDU.AU

BOOK ONLINE

TODAY





OLL EGE

Discover life at Sacred Heart College

Page 13

T: 5229 9453

Community News



https://www.geelongunitedbasketball.com.au/season-information