

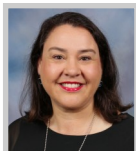


St Mary's Primary School

We aspire, we include, we achieve.

Newsletter # 18

| 1 November 2023



News from the Principal

Dear Families,

Welcome to November! It is difficult to believe that we have just over six weeks of school left for this year. In the remaining weeks, there are many events and activities planned for our students, including the Sacrament of Reconciliation, McAuley Feast Day, 2024 Foundation Orientation days, 5/6 Camp, our annual Colour Run and the many end of year celebration excursions to name a few. While there are quite a number of extra-curricular activities, there is also much learning to be engaged in. So that your child/ren are not disadvantaged, we strongly encourage all students to be at school, **before the 8:50am** bell. This will ensure they aren't missing any learning and they are not disrupting the learning of students arriving on time.

Last Friday was World Teachers' Day, an opportunity to thank, acknowledge and celebrate the fantastic teachers we are blessed with at St Mary's School. All St Mary's School staff are dedicated and caring, always going above and beyond for each other, our students and their families. Thank you to the P&FA for providing a delicious lunch for all our staff. It was thoroughly enjoyed and appreciated by everyone.

Fresh Fruit Friday was also a great hit on Friday with all our students enjoying fresh fruit provided by **Greg at East Fruit Market**. This business is very supportive of our school and if you get the opportunity to support them, I know it would be greatly appreciated.

Congratulations to the P&FA, particularly the coordinator, **Lauren Cambridge**, and other helpers, **Courtney** and **Dan Lamanna**, **Louise Phillips**, **Sherryn** and **Tim Young**, **Matt Best**, **Kathryn Mathews**, **Ben** and **Kirstie Irwin**, **Catherine Day**, **Evan Brown** and **Katie Norton** for their organisation of a very successful Trivia Night. Their behind the scenes work doesn't go unnoticed and is crucial for the event to be successful in terms of both friendraising and fundraising. The funds raised, approximately \$5800 profit will be used for the benefit of all students in our school.

The P&FA have proposed that two current items of uniform be replaced. The first being the

current rugby jumper, replaced by a more comfortable and less restrictive sports jumper. The second being a change to the sports polo, specifically a colour change from yellow to navy blue. *Photos are on page 3.* Both options are a cotton polyester blend material. There will be a transition period to the full implementation of the new uniform items. If you would like to provide any feedback please [email me](#) and I will communicate this with the P&FA.

Over the past two days, Marie and I completed a mental health first aid course. One in 5 Australian adults experiences a mental health problem in any given year. That means every person is likely to know someone who is experiencing a mental health problem, whether it is a family member, a friend or colleague. Statistics show that mental illness is now said to affect every Australian either directly or indirectly. The early intervention of mental health problems can lead to better outcomes.

Mental health first aid is the help you give to someone developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis. You can give this first aid until the person has received appropriate professional treatment or the crisis is resolved. Mental health first aid can help people experiencing: depression, anxiety problems, psychosis, substance use problems, eating disorders and gambling problems. It can also help if a person is experiencing a mental health crisis, such as: suicidal thoughts and behaviours, non-suicidal self-injury (sometimes called deliberate self-harm), panic attacks, traumatic events, severe psychotic states, severe effects from alcohol or other drug use, aggressive behaviours. I highly recommend the course facilitated by Mental Health First Aid Australia. If you or a loved one are experiencing a mental health challenge, I encourage you to seek support, particularly by seeing your general practitioner.

*Kind Regards,
Annice Lappin*

Upcoming Dates in 2023

TERM 4

Week 5

Thursday 2 November

Sacrament of Reconciliation (Year 3)
12:30pm; School Atrium

Week 6

Monday 6 November

STUDENT FREE DAY
(Staff Professional Learning)

Tuesday 7 November

SCHOOL CLOSED
Melbourne Cup Holiday

Friday 10 November

McAuley Feast Day (wear yellow, casual or school uniform)

Week 7

Monday 13 November

Whole School Assembly at 3:00 pm
Year 1/2. Gates open 2.55 pm

Foundation 2024—Transition to School
Session 1; 9:30 am to 11:00 am

Tuesday 14 November

Year 5/6 STUDENT FREE DAY

Wednesday 15—Friday 17 November

Year 5/6 Camp, Camp Kangarooie

Week 8

Monday 20 November

STUDENT FREE DAY, 2024 Planning Day

Wednesday 22 November

Year 5/6 Classes—Parish Mass

2023 Staff Email List

Scan the QR
Code or
follow the [link](#)



2023 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.



News from the Deputy Principal

Dear Families,

Over the term, **Year 3 students** have been learning about **forgiveness** and **healing**, in preparation for the **Sacrament of Penance**. Through Scripture, students have unpacked *The Story of Zacchaeus* (Luke 19:1-10) and *The Prodigal Son and His Brother* (Luke 15:11-32) and learned that:

- Forgiving and being forgiven bring peace to self and others
- Healing involves reflecting on what has happened, saying sorry, and giving someone a second chance
- Scripture stories about forgiveness help Christians think and pray about forgiveness in their own lives
- Forgiveness and healing are celebrated in the Sacraments of Penance and Anointing
- Through the Sacrament of Penance, Christians rebuild their relationship with God and others

Tomorrow, our Year 3 students will celebrate the **Sacrament of Penance**, through the celebration of the 2nd Rite of Reconciliation. Our Parish Priests, **Fr Jim and Fr Jude**, will confer the Sacrament, which will be held on our school site at 12:30pm.

We thank the Year 3/4 teaching staff, **Deb Boland, Caitlin Rippon, Kerriane Hobbs** and **Meg Ferguson** for their planning and coordination of preparing the Year 3 students for this next step in their faith journey.

We pray for:



Ryder Anderson	Lucia Laforana
Anna Barclay	Olivia Laforana
Bebe Barclay	Polly Lamaro
Leni Bartolo	Iris McGowan
Jaylee Butler	Lucy Mulder
Harrison Coles	Cameron Neyland
Tommy Connoley	Franklin Novak
Eliza Davidson	Wilkie Oliver
Mason Dinaro	Maisie Palmer
Maxine Farran	Sean Philipose
Aluka Flynn	Lara Phillips
Michael Humphries	Evie Ruyg
Olive Hutchinson	Indi Somsong
Lewie Irwin	Sarah Tersteeg
Florence Jones	Olivia Umbrello
Jessica Joyce	Lachlan Upston

*Cari Saluti,
Marie Monea*



MOVEMBER®



Dear Families,

I have shaved my beloved Mo off to raise money for the **Movember** charity. The charity aims to increase men's overall health by working on mental health and suicide prevention, prostate cancer and testicular cancer.

I have men in my life who have been affected by these health issues, as I know many people in the St Mary's community have.

Please help by donating to re-growing my Mo and supporting the many men who need help.

Nic Coots
Physical Education
Year 5/6 Support
Teacher

♥ **DONATE**



Term 4 School Calendar, 2023



Wk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	OCT 30	OCT 31	NOV 1	NOV 2 PSG Meetings—Day 2 Sacrament of Reconciliation (Year 3), 12:30 pm, Atrium	NOV 3
6	NOV 6 STUDENT FREE DAY (Professional Learning)	NOV 7 SCHOOL CLOSED (Melbourne Cup Holiday)	NOV 8	NOV 9	NOV 10 McAuley Feast Day Wear Yellow
7	NOV 13 3:00pm—Assembly (Year 1/2) 2024 Foundation Transition to School (Session 1; 9:30am-11:00am)	NOV 14 YEAR 5/6 STUDENT FREE DAY	NOV 15 Year 5/6 Camp—Day 1 Parish Mass—3/4 Classes	NOV 16 Year 5/6 Camp—Day 2	NOV 17 Year 5/6 Camp—Day 3
8	NOV 20 STUDENT FREE DAY 2024 Planning Day	NOV 21	NOV 22 Parish Mass—5/6 Classes	NOV 23	NOV 24
9	NOV 27	NOV 28 2024 Foundation Transition to School (Session 2; 9:30am-11:00am) School Advisory Council Meeting; 7:00pm	NOV 29 PSG Meetings—Day 3	NOV 30	DEC 1 Healthy Lunch Day (Salad Sandwiches)
10	DEC 4 3:00pm—Assembly (Foundation)	DEC 5 School Choir Excursion (Geelong Football Club)	DEC 6 P&FA Meeting; 7:00pm	DEC 7 P&FA Colour Fun Run; 5:30pm	DEC 8
11	DEC 11 Principal For A Day	DEC 12 2024 Step Up Morning (9:15-11:15am) Student Reports (Shared with Families)	DEC 13 Year 1/2 Excursion (Movies)	DEC 14 Foundation Excursion (MoPA) Year 3/4 Excursion (Movies) Year 5/6 Excursion—Venue TBC Year 6 Graduation; 5:00 pm	DEC 15 2024 School Captains' Photo; 9:00am 12:15pm—End of Year Assembly Students Dismissed; 1:00pm

Proposed Uniform Item Replacements

Please see the images of the proposed replacement uniform items for the current rugby jumper, replaced by a more comfortable and less restrictive sports jumper. The second being a change to the sports polo, specifically a colour change from yellow to navy blue. Both options are a cotton polyester blend material.

If you would like to provide any feedback please [email Annice](#)

**Rugby
Jumper**



**Sports
Polo**



St Mary's School Parents & Friends' 2023 Trivia Night



The **2023 P&FA Trivia Night** was again a huge success on Friday night! Over \$5800 profit fundraised and lots of fun and laughs were had thanks to our trivia master, **Simon Morrison**.

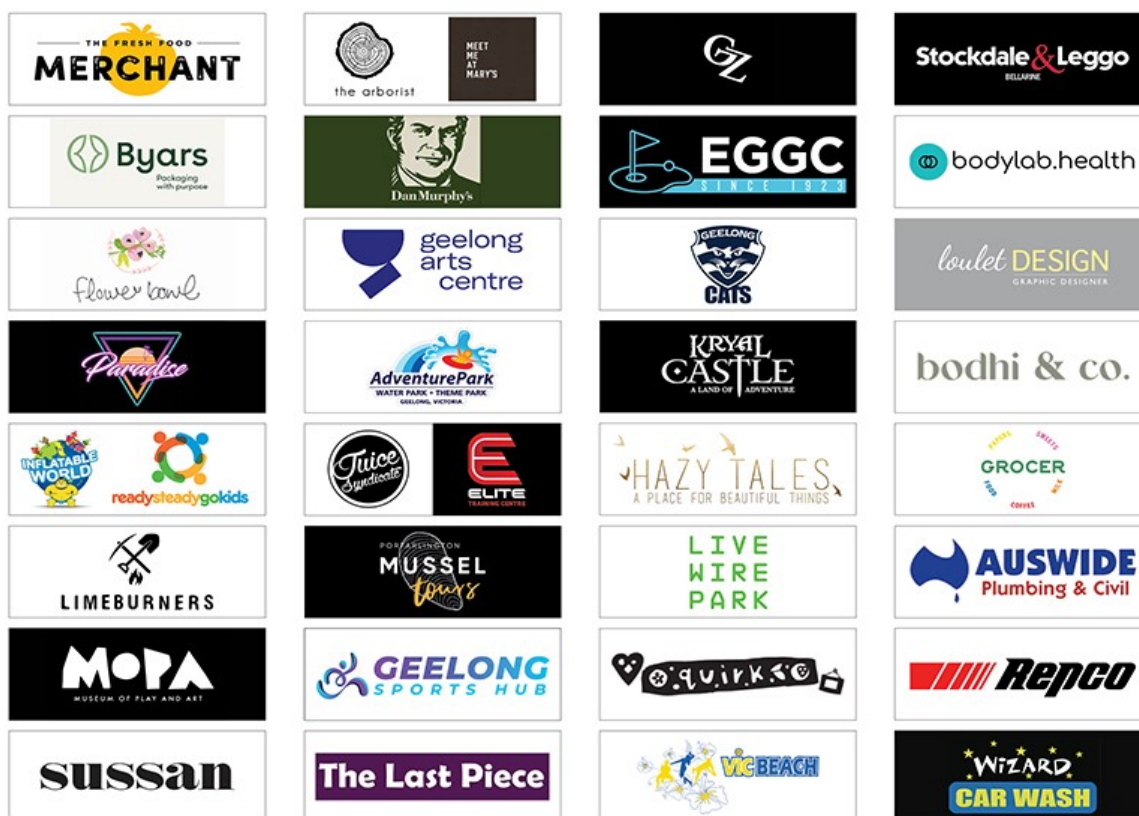
A big thank you to all the people who made it possible. **Courtney Lamanna** for helping gain donations for the silent auction prizes, **Dan Lamanna** for being our auctioneer for the Geelong Football Club guernsey. **Louise Phillips** for her graphic design work and assisting to set up and pack up along with **Sherryn** and **Tim Young**, **Matt Best**, **Catherine Day**, **Evan Brown**, **Kathryn Mathews**, **Ben** and **Kirstie Irwin**, **Katie Norton**.

Finally, a huge thank you to the school families and local community who donated our wonderful silent auction prizes - see page 5. Please support these businesses, we appreciate their generosity.

Lauren Cambridge

Trivia Night Coordinator





PLEASE SUPPORT THESE LOCAL BUSINESSES WHOSE GENEROSITY HELPED MAKE TONIGHT A SUCCESS AND A VERY SPECIAL THANK YOU TO ST MARY'S FAMILIES FOR THEIR GENEROUS DONATIONS!



Next year, the P&FA have positions available to fill on the **P&FA committee**, we need new members to help share the load of organising events, fundraising for the school and helping out on site when required.

We would encourage anyone interested in contributing to attend the next meeting on **Wednesday 6 December, 2023 at 6:30pm in the school staff room.**

Meetings are held twice a term for under an hour. We discuss the planned list of events for the year, come up with ideas or changes as suggested by the wider school community.

Attendees are invited to volunteer for tasks, big or small as they feel comfortable, or just to share their ideas. All organising is well supported by other committee members, with people working together on an event or idea, plus we have great documentation of what is needed for each event to follow making it easier each time an event is held.

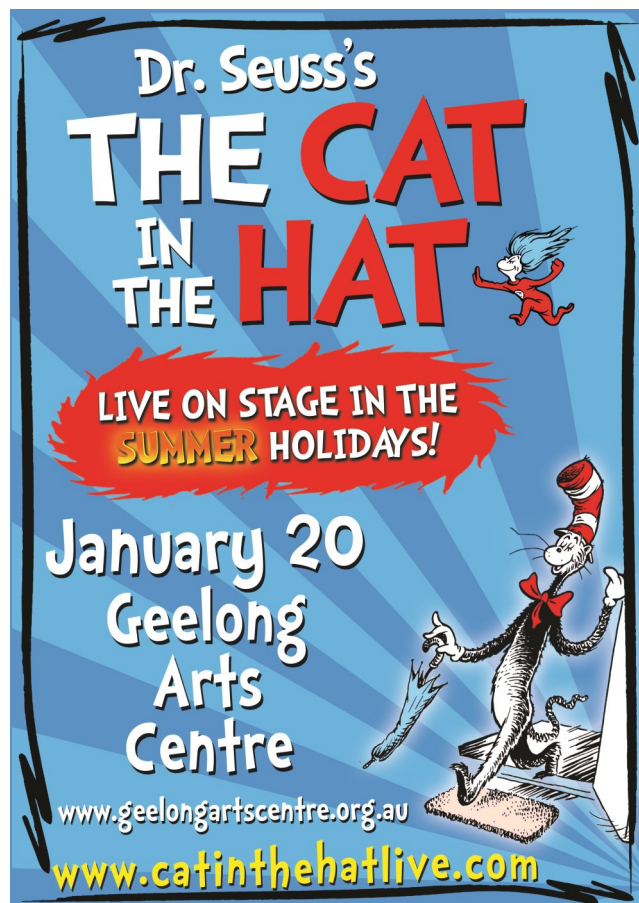
Even if you could only attend some of the meetings, we would love to have you come along, to see what it's all about and give us your input.

Here is example of what committee members have contributed in 2023. **BIG AND SMALL IT'S ALL VALUED!**

- Organising whole events like the Bunnings BBQ and Trivia Night.
- Ordering supplies for colour fun run and recruiting volunteers.
- Co-ordinating fundraising with businesses for Mango Drive and Cadbury Chocolate Drive.
- Running the second-hand uniform shop, collecting donations and keeping track of stock.
- Cooking Cheese toasties in the Cheer Van.
- Booking Ice cream trucks, coffee vans, fresh fruit for events.
- Purchasing Easter eggs and making a hamper for Easter raffle.
- Designing advertising, posters etc for events.
- Ideas for Mother and Father's Day stalls/crafts.

In the last few years P&FA money raised contributed to the new sports/storage equipment shed, STEM resources, Fresh Fruit Fridays, Colour Runs and Year 6 polo tops, with hopefully lots more to come. Plans are on the way for a big screen for the atrium for assemblies/presentations, new storage on the oval and upgrades to the current playground.

Community News



BUILDING RESILIENCE THROUGH INDEPENDENCE

PRESENTED BY ANDY MCNEILLY

Andy has been running simple and fun workshops to help parents create more connection with their family.

Many of our children are struggling with worry and anxiety. They may face social and online challenges and can often feel stuck. As parents, we can find this difficult to help our children as they confront issues so different to the ones we faced at their age.

This workshop is designed to help parents teach their children to be more resilient while building their independence. It will give parents simple and practical ideas to help their children, while developing strong, loving, and connected relationships.



THURSDAY 16 NOVEMBER

7.30pm-9.00pm

VENUE

Surf Coast Shire Council
1 Merrijig Drive, Torquay

BOOKINGS

Scan the QR code or visit geelong.link/BuildingResilience

This is a free event but bookings are essential.



Community News



GSODA—Tickets for three performances are on sale now

<https://geelongartscentre.org.au/whats-on/all-events/gsoda-junior-players-and-thus-began-the-tale/>

2023 Staff Email List

Scan the QR Code or follow the [link](#)



2023 Family Handbook

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2023 Deakin University Diwali Festival



This is a free, family-friendly community event with:

- ▶ cultural performances
- ▶ DJ
- ▶ food and market stalls
- ▶ free activities and henna art
- ▶ rangoli artwork display
- ▶ and a spectacular fireworks display!



Friday 17 November 2023, 6pm – 9pm,
Waurin Ponds Campus



Free Entry, register now:
deakin.edu.au/diwali



Deakin University CRICOS Provider Code: 00113B

Friday 17 November 2023, 6:00 –9:00pm

Deakin University Waurin Ponds Campus

[REGISTER NOW](#)



Facebook:

[@St.Mary'sPrimaryGeelong](#)

Instagram:

[stmarys_ps_geelong](#)

Twitter:

[@StMarysPS3220](#)

School Website:

www.smgeelong.catholic.edu.au

Parent Portal password -
mary175



St Mary's School, Geelong

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Newsletter # 18

Term 4—Week 5