

St. Mary's Catholic Primary School

Weekly Newsletter



Term 4 Week 1

06.10.2023

Address: 10 Myrtle St Alexandra Vic 3714.

Phone: 03 5772 1500.

Email: principal@smalexandra.catholic.edu.au

At St Mary's School we encourage an inclusive, learning community that values safety, love and faith.

Welcome back to Term 4!

We are looking forward to yet another busy term of learning! Traditionally 4th term seems to pass very quickly as we prepare students for the end of their current grade and movement on to their next adventure (not to mention that there are only 81 days until Christmas)!

We have a very important event coming up in week 4, our St Mary's school concert. The children and teachers are working very hard on their performances. I am sure that we are all very excited to see this event return to the school calendar. We will also have our Walkathon that was postponed from last term in week 5.

This term our school will participate in a Learning Fair with other schools from MACS Eastern Region to showcase our journey with high impact teaching strategies. Throughout this term we will welcome our Foundation children for 2024, F-2 and Year 5 will go on a joint excursion to Puffing Billy. We will also have swimming and celebrate the gift of our school year at our end of year liturgical events. Importantly, we will farewell our year 6 students and send them on from this community to the very different world of Secondary School!

We are all looking forward to an exciting and busy term ahead (hopefully with great sunny weather) that will take us to the end of the year, and what I am sure will be a well-earned Christmas holiday break.

Kathryn Stuart

Staff Changes

We welcome back Mrs Julia White to the school in the 5/6DJ classroom, she will be replacing Ms Molly Dean who is on maternity leave awaiting the arrival of her new baby. We wish Ms Dean and her family all the best during this exciting time.



Everyone you meet is
fighting a battle
you know nothing about.
Be kind. Always.

- Brad Meltzer

OurMindfullife.com



REMINDERS AND NOTICES

Assembly

Every Monday Morning 9:00am
and

Every Friday afternoon 2:45pm.

- 10th P & F Meeting 6pm Corner Hotel
- 11th ASC Grade 6 Transition
- 18th F/1/2/5 Puffing Billy excursion
- 26th School Concert 12pm & 6pm

NOVEMBER

- 1st 2024 Foundation Transition visit
- 6th School Closure
- 7th Melbourne Cup Public Holiday
- 8th School Closure— Staff PD
- 9th ASC Transition Yr 6
- 15th 2024 Foundation Transition visit 9-12
- 22nd 2024 Foundation Transition visit 9-12
- 29th 2024 Foundation Transition visit 9-12

AusNet will be undertaking some tree pruning around the power lines on Myrtle St.

This work is anticipated to be carried out between 19th October & 19 December.

This may affect parking.

Thank you for your understanding

CODE OF CONDUCT FORMS

We are still waiting on:

15 student and 9 family responses.

Please return these ASAP. Both parents need to sign forms. If you have misplaced your paperwork please contact the office.

Thank you

Weekly Church Service ~ Fr Jose Mathew Ph: 5772 1167

Tuesday:	6:00pm	Yea
Wednesday:	9:30am	Yea
Thursday:	9:30am	Alexandra

Friday:	9:30am	Alexandra
Saturday: (Vigil)	5:00pm	Eildon

Sunday: 8:45am Alexandra
10:45am Yea
All families are welcome to attend Mass.

PRINCIPAL'S AWARD



PRINCIPAL'S AWARDS

Tybar has consistently demonstrated some great leadership skills throughout the year. He is caring and considerate towards his peers, completes learning tasks to the best of his ability, and shows courtesy and respect to all members of our school community. Tybar is a pleasure to have in our classroom and an asset to our school.

HELP **STILL** NEEDED PLEASE
1 BOX TO GO

4. Invite your child to do other things

We have recently been lucky enough to purchase new decodable home readers for our students from F - 4.

BUT we need help to cover them with contact before we can distribute them throughout our classrooms.

Please help us get these books out asap.

Rather than dictate when children can or can't use computers, prioritise other things. Have a family board game night. Watch sport together. Take a weekly walk with your child.

Rather than just setting a time limit, create spaces for the things you know are also beneficial and good for your child and family. Then, 'screen time' becomes less important as an idea and how we spend time doing a variety of things as a family and for ourselves becomes the focus.

Bundles of books and covering contact can be picked up from the office or please see us for a quick run through of how to cover them. It is very easy.




Thanks in advance.

Kim Williams, Shannon Carnes, Georgia Smith, Louise Cummins and Cassie O'Connell.

THANKYOU!

**To those parents who have already been
busy covering our new books.
Many hands make light work :)**



Tuning into our children
can be a very positive
experience for everyone.



eSmart
alannah & madeline foundation

2023 SCHOOL CALENDAR

Term 4, 2023

ST MARY'S ALEXANDRA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1 Oct 2 - 8	2 Term 4 Begins	3	4	5	6 Yr 3/4 Jungai day 5/6DJ Assembly	7	8
WEEK 2 Oct 9 - 15	9 Division Athletics	10 P & F Meeting 6pm	11 ASC Transition Day	12	13 Regional Athletics Albury 1/2S Assembly	14	15
WEEK 3 Oct 16 - 22	16	17	18 F/1/2/5 Puffing Billy Excursion	19 Dress Rehearsal Concert	20 Foundation Assembly	21	22
WEEK 4 Oct 23 - 29	23 Japanese Incursion 10-11	24	25	26 CONCERT 12pm/6pm Matinee & Evening	27 1/2C Assembly	28	29
WEEK 5 Oct 30-Nov 5	30	31	1 Foundation 2024 Transition 9-12 Foundation 2024 Parent Information Session and Morning Tea	2	3 Walkathon 3/4O'C Assembly	4	5
WEEK 6 Nov 6 - 12	6 School Closure Day	7 Melbourne Cup	8 School Closure Day Staff PD	9 ASC Transition Day Year 5 Leadership Day	10 Wellbeing Day	11	12
WEEK 7 Nov 13 - 19	13	14 P & F Meeting 6pm	15 Staff v Students Netball Game 12:50pm Foundation 2024 Transition 9-12	16	17 5/6 KH Assembly	18	19
WEEK 8 Nov 20 - 26	20	21	22 Foundation 2024 Transition 9-12 - Buddies	23	24 Fete 3/4C Assembly	25	26
WEEK 9 Nov 27-Dec 3	27 Swimming Starts	28	29 Foundation 2024 Transition 9-12 - Buddies	30	1	2	3
WEEK 10 Dec 4 - 10	4 Swimming Continues	5	6 Year 6 Cathedral Golf Excursion	7 House Swim Sports day	8 Whole School End of Year Mass Year 5 Assembly	9	10
WEEK 11 Dec 11 - 17	11	12 ASC Transition Day Year 6 Graduation P & F Meeting 6pm	13	14 Year 6 Pool Party	15 Nativity Play/Year 6 Assembly/Final Goodbye Colour Run Students Finish	16	17
WEEK 12 Dec 18 – 20	18 School Closure Day Staff PD	19 School Closure Day	20 School Closure Day Term 4 Ends				

the 70s

60s



80s



90s

00s

**St Mary's
presents**

MUSIC OF THE AGES

**Thursday 26th October
Matinee 12:00pm
Evening 6:00pm**

**Please arrive 30mins prior for students to
get organized and for guests to take their
seats.**

**RSVP via Operoo. Tickets will be sent home
to families.**

Please present these on arrival.



ST MARY'S PRIMARY SCHOOL

Walkathon

Friday **3rd November**, 2023

FUNDRAISER HOSTED BY OUR
PARENTS AND FRIENDS ASSOCIATION

ON FRIDAY 8TH SEPTEMBER, STUDENTS AND STAFF WILL BE
WALKING ALONG THE GREAT VICTORIAN RAIL TRAIL AS A
FUNDRIASER FOR OUR SCHOOL.

THE WALK WILL BEGIN AT ST MARY'S PRIMARY SCHOOL,
HEADING TO THE EGLINTON LOOKOUT BEFORE RETURNING
BACK TO SCHOOL.

STUDENTS WILL BE ENCOURAGED TO COMPLETE AS MUCH
OF THE 10 KILOMETRE COURSE AS THEY ARE ABLE TO.

THERE WILL BE ACTIVITIES, SNACKS AND A SAUSAGE
SIZZLE PROVIDED.

STUDENTS WILL RECEIVE A SPONSORSHIP FORM AND ARE
ENCOURAGED TO GATHER SPONSORSHIP FROM THEIR
FAMILY AND FRIENDS BEFORE THE WALK.

SPONSORHIP CAN BE A SINGLE AMOUNT OR IT CAN BE AN
AMOUNT FOR EVERY KILOMETRE COMPLETED.

MONEY RAISED FROM THE WALKATHON WILL GO TOWARDS
NEW SPORTS & PLAY EQUIPMENT.

WE ENCOURAGE FAMILIES TO JOIN IN AND WALK WITH
STUDENTS AND STAFF ON THE DAY.

KEEP AN EYE OUT IN FUTURE NEWSLETTERS FOR MORE
INFORMATION AND REQUEST FOR HELPERS.



Peaceful Kids Program

'Peaceful Kids' is a Mindfulness and Positive Psychology based program to lessen anxiety and stress and increase resilience in children. The program gives children the skills, practice and support to utilize coping strategies that lessen the symptoms of anxiety and stress. The program also involves parental involvement and commitment to supporting the strategies at home.



Peaceful Kids Outcomes

- To minimise the symptoms of anxiety and stress
- To build emotional resilience
- To empower children to self-manage their anxiety
- For children to use a range of effective coping strategies
- Teaches children how to self-regulate
- To develop emotional intelligence skills
- Teaches children lifelong skills to manage stress and prevent stress build up

Program structure

- Peaceful Kids is a 5-8 week program for children
- Sessions are for approximately 1 hour each week. (40-50 minutes for Prep and Year 1's)
- Sessions include learning a range of mindfulness strategies and meditations and positive psychology exercises.
- Students are guided through meditations daily online via the Peaceful Kids website: peacefulkids.com.au

More information on the Peaceful Kids program: peacefulkids.com.au

We are pleased to offer this to our Foundation students this term



On the last day of Term 3, our year 6 students ran some fun footy themed activities, that were enjoyed by all.

Thanks for all your efforts :)



NORTH EAST BUSHRANGERS BASKETBALL

BASKETBALL Clinic

September School Holidays 2023

Age Groups
U10's, U12's, U14's & 16-18's

LEARN BASKETBALL SKILLS AND TECHNIQUES FROM EXPERTS

16 September - Benalla
23 September - Mansfield
7 October - Alexandra

SCAN THE QR CODE FOR REGISTRATION



National Carer's Week Afternoon Tea

We invite carers and the community to come along to an informal get together for cups and cakes. Carers will have an opportunity to chat, make connections, and gather information about services available to support carers.

Thursday 19 October

2.00-3.00pm at the Mencies Support Services office, 49 Kent Street, Alexandra.



The afternoon tea is supported by Foundation Murrindindi Connecting Communities Small Grants Program



Phone: 03 5772 1888
menciesupport.org.au

National Carers Week, 15 to 21 October 2023, is a time to recognise, celebrate and raise awareness about the 2.85 million Australians who provide care and support to a family member or friend. Learn more: carersweek.com.au

MURRINDINDI ATHLETICS CENTRE



Join us for our 2023/24 season starting on **Saturday 7th October 2023**

Leckie Park Oval, Alexandra

Aged U6 - U17

New members please register at the above link renewal link

Returning members please check your email for a link renewal link

Looking forward to seeing some new and returning athletes soon.

Keep updated, find us on

ALEXANDRA MUSEUM

HERITAGE MACHINERY FESTIVAL

SATURDAY 7 OCTOBER 2023
SUNDAY 8 OCTOBER 2023

STEAM TRAIN RIDES | WORKING STATIONARY ENGINES
VINTAGE CARS | BLACKSMITH | HISTORIC DISPLAYS
MUSEUM | KIDS ACTIVITIES | BBQ | FOOD TRUCKS

9:00AM - 3:30PM

ADULTS \$10
KIDS \$5
FAMILIES \$25

7 STATION STREET, ALEXANDRA VIC 3714

FOR MORE INFORMATION CONTACT PETER ON 0479 066 221
OR AT ALEXANDRA.MUSEUM@YAHOO.COM

JUNIOR GOLF CLINICS

WITH PGA PROFESSIONAL MATT JAGER & CLUB CAPTAIN LUKE HEARD

16th October 4pm - 4.45pm - Primary School Age
23rd October 5pm - 5.45pm - High School Age
30th October COST: \$5 A SESSION
13th November @ ALEXANDRA GOLF CLUB
20th November

To register please email or message Luke Heard:
lukeheard@yahoo.com 0418 376 176

Association for Children with a Disability

Free online workshop

Starting Prep

Is your child starting Prep in 2024?

Then now is the time start planning for your child to start school.

This FREE workshop clearly explains what you need to know so you can feel confident to support your child's transition to Prep.

When:

- Monday 4 September 7:00 pm
- Tuesday 5 September 10:00 am
- Wednesday 6 September 10:00 am
- Thursday 7 September 10:00 am

More information:

- This workshop is for families of children with disability starting school in 2024
- Workshop is 2 hours with time for questions
- Bookings are essential
- For families in Victoria only
- Professional facilitators are parents of children with disability who have personal experience advocating for their child at school

Topics include:

- Understanding the language schools use
- Transition planning with kindergarten and school
- How the school can support your child
- Building positive partnerships with school

Read more and register now

bit.ly/SPsept23

Contact us

education@acd.org.au
03 9890 7000 or 1800 634 013 (regional callers)

www.acd.org.au

Alexandra Community Hub

FIRST FIVE SESSIONS FREE!

ALL AGES WELCOME
Parents are encouraged to attend

HUNGRY

Join the HungryMinds Club @ AlexHub

SUNDAYS 3pm to 5pm

Looking for a club, that will bring out your child's star potential? How about fun critical thinking based on simple maths and science? A place your child can have a go, at fun fundamental problems and skills involving thinking.

Visit www.alexhub.com.au or call 5772 1238 to book.

The Regional Parenting Service

Is pleased to announce for fathers/male carers of children 2-12 yo Term 4:

Dads Emotion Coaching – Connecting with our Kids
2 hour introductory session on 9th October 2023

[CLICK LINK](#)

Dads - Tuning in to Kids
full program commencing 16th October 2023

[CLICK LINK](#)

Both are now open for Registration.

Alexandra & District Kindergarten 2024

EXPRESSIONS OF INTEREST NOW OPEN

OUR SERVICES

- PRE-KINDER PROGRAM 3-4YR OLDS
- YEAR BEFORE SCHOOL PROGRAM 4-5YR OLDS

Please note to be eligible for either the Pre-Kinder or YBS Program, children must have turned 3 years old by the start of the school year (1st July).

PHONE: 57721287
LODGE YOUR EXPRESSION OF INTEREST AT: WWW.ALEXANDRAKINDERGARTEN.COM.AU
Closing date September 8th

MARRIAGE ENCOUNTER Weekend "Live Your Best Married Life in Love"

Every relationship is a journey and the grind of everyday life can cause you to lose touch with your spouse. This experience gives married couples the tools to keep your passion alive in a gentle, nurturing environment, away from pressures and distractions of daily living. The weekend is based around Catholic values and couples of all faiths are welcome. Please check our website for more details.

3-5 November 2023 in Melbourne
(Book early to avoid disappointment)
Information/Bookings: Phone Mercy & James 0409 183 676 or
Email: vicbookings@wme.org.au Website: wme.org.au