

Phone: 5472 2270

Email: principal@smcastlemaine.catholic.edu.au Facebook: St. Mary's Primary School Welcomes You



Newsletter

Term 2, Week 2

Thursday April 29th, 2021



We acknowledge and respect the past and present Elders, the Aboriginal and Torres Strait Islander people and custodians of this land the Dja Dja Wurrung people. Thank you for protecting and preserving our land Australia in the past, for sharing it now and educating us for the future.

We pay our respects to the Elders of the past, present and future and acknowledge their spiritual connection to Country.

Wonder • Persevere • Believe • Create

Respect • Responsibility • Resilience

TERM DATES			
APRIL Thursday, 29th	Peaceful Kids Parent Information Session - 3:30-4:30pm	Thursday, 20th	P & F Meeting - 9:30am All welcome
Friday, 30th	Beginning Term Mass - 9:15am	Monday, 24th	Assembly - 2:45pm Gr. 1/2 to lead
	P & F Ladies Night - 6:30pm Five Flags Hotel		
MAY Wednesday, 5th	Open Morning - 9:00 - 11:00am	Wednesday, 26th	Gr. 3/4 Class Mass
Friday, 7th	Gr. 5/6 Class Mass - 9:15am	Friday, 28th	Tabloid Sports Day - Foundation & Gr. 1/2
Monday, 10th	Assembly - 2:45pm Gr. 3/4 to lead	JUNE Wednesday, 2nd	Open Morning - 9:00 - 11:00am
Tuesday, 11th to Friday, 14th	NAPLAN	Monday, 14th	QUEENS BIRTHDAY PUBLIC HOLIDAY
Friday, 14th	Men's Night 7:00pm in Buckley Room (please see P & F News for Further information)	Friday, 25th	Last Day of Term 2 - 2:30pm Finish

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

John 14:27

Dear families,

Beginning Term mass & Reconciliations

Tomorrow morning, we will celebrate Mass as a whole school to begin the term together.

Wednesday evening was a beautiful celebration of Reconciliation and was terrific to see a number of families join us. Thank you to all those who helped prepare and participate in the Sacrament of Reconciliation.

One small positive thought in the morning can change your whole day.

As a staff we often talk about emotional intelligence in children and the importance of their social and emotional wellbeing. As a staff, we believe that social and emotional wellbeing is paramount for academic growth (for all learners, children and adults!). It is difficult for learning to occur if a child brings worries, anxieties, fears into a classroom. We have commenced a mindfulness approach across the school, for staff and students, to recognise the importance of breathing, calming, stopping, reflecting and pausing, each day. We are now looking at some other approaches to compliment mindfulness and help children build resilience and develop strategies to recognise, respond and



self-regulate their feelings. Mr O is running a session about the implementation of Peaceful Kids at St Mary's this afternoon that you are all most welcome to attend. There are a variety of other approaches to mindfulness that will we continue to explore and utilise to suit the needs of our students at the right moment.

Uniform

With Term 2 now well underway, we ask that all children should be wearing their full winter school uniform. Winter uniform needs to be worn as of next Monday. Hats are not required to be worn in Terms 2 & 3. As it's becoming colder it is important that *all* students have a jumper to wear. Many unnamed jumpers are appearing throughout the school and we try our best to return them to the correct owner. This is much easier when clothing is clearly named.

This one again: Drop-off/Pick-up

The pick-up area in Templeton Street is continuing to be problematic – and it really doesn't need to be.

A reminder that:

- the pick-up zone is where the disabled carpark is marked (students should only be collected in this area).
- parents should not be walking across the road, through the pick-up zone and then back through.
- unless you need to call into the office or have an appointment to see a teacher, please use the pick-up loop.
- patience is important, the pick-up zone is always free flowing within 10 minutes.
- please wait for the first car in the pick-up zone to move rather than trying to pull out.
- Templeton Street (around St Mary's) is 40kmph

Thank you to the majority of parents who are exercising patience and doing the right thing. It is greatly appreciated.

Kind regards, Ben Shields.



We would like to wish the following student a very happy birthday:

Caittin Bracken: 2nd Nay

Caittin Bracken: 2nd Nay

Castlemaine and District Cross Country Championships 2021



t the end of last term Grades 3 - 6 participated in the Castlemaine and District Cross Country Interschool Cross Country. After extensive preparation as part of our warm-up for PE sessions the St Mary's team was ready. The focus was on participation and learning about the benefits of regular physical activity with the students choosing what that would look like. So, some students walked whilst chatting with a friend and some students ran so hard competitively that it took them quite a while to recover. All up it was an awesome day and it was great to mingle with the Castlemaine District Schools.

Our next step in the process is to take on the Greater Bendigo Region on Wednesday 5th May. Students that managed to finish in the top 25 have been invited to participate. Further details will be sent out via PAM to all team members. Well done to all our participants and a huge thank you to our volunteer parent helpers in particular Fiona Koelmeyer and David Tobin.

St Marys Bendigo and District Cross Country Team

12 Boys - Sebastian Salvatore - 13th, Ryan Mulholland - 20th

12 Girls - Alexandra Tolevski - 25th

11 Boys - Lucas Davis - 6th, Cullen Foreman - 14th

11 Girls - Madeleine Lane - 5th, Harper Vance - 17th

10 Boys - Spencer Grainger - 20th, Anuwa Featherstone - 21st

10 Girls - Evie O'Sullivan - 1st, Emilia Morelli - 5th,

Ailish Kennedy - 13th, Georgia Morelli - 21st,

Gracie Drage - 23rd, Charlie Inskip - 25th

8-9 Boys - Thomas Edwards - 11th

8-9 Girls - Charlotte O'Toole - 16th



On **Thursday 29th of April** at 3.30pm all parents are invited to attend an information session about our Peaceful Kids Program.

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 has been created to fulfil a need in schools to offer all children a developmentally appropriate program that 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.

Outcomes of the Peaceful Kids program:

- · Lessen symptoms of anxiety and stress in children
- Teaches children to self-calm
- Empowers children to manage their own anxiety and stress symptoms
- · Builds emotional resilience
- Develops emotional intelligence skills
- Teaches children life-long skills to manage stress and prevent stress build up
- Supports children so they know that they are not alone with suffering from anxiety

Peaceful Kids is based on evidence based therapies and research:

- Mindfulness Based Stress Reduction program (MBSR)
- · Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT)
- · Positive Psychology
- Acceptance and Commitment Therapy

Program structure:

- Peaceful Kids is a 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.
- Children are guided through meditations daily online via the Peaceful Kids website: peacefulkids.com.au

Parental involvement:

- A parent session is run for interested parents to explain the program and the pivotal role of mindfulness to lessen and prevent anxiety symptoms.
- Each week the children learn a new mindfulness meditation and positive psychology strategy that they can share with you at home. It would be great to give your child the time to practice these strategies at home so they learn to incorporate these into their daily lives.

Program Content

Children learn about:

- Basic theory on Mindfulness and how it affects the brain and lessens stress and anxiety
- The different ways to practice Mindfulness and integrate it into their lives
- Their feelings and how this relates to anxiety and stress levels
- · Understanding stress and how it relates personally to them
- Understanding triggers for stress and how to calm down when feeling stressed
- Physical symptoms of stress and learning to identify when they need to take time out to calm themselves
- Worrying and how it affects their happiness
- Different types of thinking that increase anxiety or lessen anxiety
- Noticing their own self-talk and how this is affects worrying and stress levels
- Creating a balanced lifestyle including lots of chill out time and being in the flow

Children learn life skills of:

- A range of Mindfulness meditations
- Positive psychology exercises
- Techniques to lessen worrying
- · A variety of coping strategies
- A variety of problem solving strategies
- Journaling and expressing their worries
- · Facing challenges and fears step by step
- · Preventative strategies to help prevent stress build up
- · Being attuned to their own bodies and minds
- Being in the flow more regularly and enjoying more of the present moment

What you need to do:

If you would like your child to participate in the Peaceful Kids program then you will need to email mark.osullivan@smcastlemaine.catholic.edu.au or leave your name with Karen at the front office. Your child/ren will be added to the list.

Research:

If you would like to learn about Mindfulness and Positive Psychology and its benefits, the following links may be useful to outline the science and evidence based research that the program is based on.

http://au.reachout.com/what-is-mindfulness

http://www.umassmed.edu/cfm/research/

http://www.mindfulschools.org/about-mindfulness/research

http://www.mindful.org/the-science/medicine/the-science-of-mindfulness

http://www.sciencedaily.com/releases/2011/01/110121144007.htm

http://www.actionforhappiness.org

http://mindfullearning.com.au/about-mindful-learning/authors/

http://www.mindfulness.net.au/what-is-micbt.html

I look forward to seeing you on Thursday.

Mark O'Sullivan.





'Sustainability is our SUPER POWER!'

Coming Up: International Compost Awareness Week Australia Sunday, 2nd May - Saturday, 8th May, 2021

Yes, compost me!

Vegetables and fruit scraps, vegetable oil, prunings and lawn clippings, tea bags and coffee grounds, vacuum dust, shredded paper and cardboard, used potting mix, egg shells, flowers.

No, don't put me in!

Diseased plants, pet droppings (apart from chook manure), cooking fat, glossy paper, weeds with seeds, treated timber and large branches.



Start collecting your empty bread bags and tags, St Mary's is collecting!

Help to do your bit for the environment, as well as get St Mary's in the running for some new playground equipment. Collect your bread bags and tags, and we will have boxes for you to submit them into soon!

Wonder Recycling Rewards is a fun and easy program we've created to collect and recycle bread bags and bread tags at school. Once collected, Wonder is going to turn the plastic into wonderful things like school play equipment!

As a registered school, your recycling efforts will earn you rewards points to redeem **new sports equipment from RHSports**.



you are now in the draw to **WIN one of five exercise circuits** made from the recycled plastic we collect!

This Starter Pack contains all the information you will need to get the program up and running in your school.



LADIES NIGHT:

Next Ladies Night Out will be on tomorrow, Friday, 30th April from 6.30pm at the Five Flags Hotel, Campbells Creek. We invite you to come along and enjoy an evening out and get to know other ladies in our school community. Come along for a chat, a drink, a meal and/or dessert! Up to you for the length of time you stay, just would be nice to see you.

RSVP: Jo Lawrence on 0412 839124.

MENS NIGHT:

Come along on Friday, 14th May at 7:00pm in the Buckley Room to meet other dad's, grandfathers and to watch St. Kilda v Geelong! BYO drinks and snacks. *Pencil this date in.*

TUESDAY'S FRUIT MORNING:

P & F purchase a box of fruit for the children to eat every Tuesday morning. This has been well received by all of the students.

\$U\$HI LUNCH ORDER DAY:

A reminder that sushi lunch order day is now on a Friday.

Please order before 5pm each Thursday to ensure your order is placed *and please* remember to put your child's grade, as orders are going to other classes. Thank you!

BREAKFAST CLUB:

Commencing next Monday, 3rd May.

Toast with healthy spreads will be available for those who need it from 8:40am from the kitchenette near the school library.

Thank you to those who have kindly volunteered their time - we had a great response! If you would like to assist one morning per week please email Clare at c-majella@hotmail.com and you can be added to the roster.

NEW GARDEN BEDS:

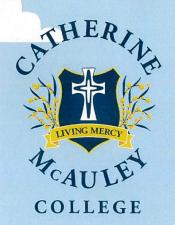
We are seeking volunteers to offer their time and skills to help with the construction of some new garden beds for the school vegetable garden.

We will be holding two working bees - Wednesday, 19th May from 2:30pm onwards and Saturday, 22nd May from 10:00am onwards with a sausage sizzle supplied for lunch! If you are able to assist please come along!

TERM 2 STUDENT SPECIAL LUNCH DAY:

Later this term students will have the option of ordering a pie/sausage roll/pastie. Date to be announced soon!

NEXT MEETING: Thursday, 20th May at 9:30am. All welcome!



DISCOVER YOU IN 2022 Find Your Future OPEN HOUSE

Wednesday 5 May, 4-7pm

Register your place online at our Virtual Open House event **WWW.CMC.VIC.EDU.AU**

Live discussions begin @ 4pm. See you there!

EXPLORE ALL THE EXCITING OPPORTUNITIES ON OFFER TO HELP YOU DISCOVER YOU IN 2022.

Check out the College via interactive tours, book your seat for exclusive live discussions, hear from teachers, parents, students and more!

APPLY ONLINE

Enrolment portal is now open

COLLEGE TOURS

Online bookings now open

ENROLMENTS CLOSE

Monday 21 June 2021 for Year 7 2022

A CHANCE TO WIN GREAT PRIZES!

Locate and submit all the items hidden in the College 'Open House' virtual tours for your chance to win.

FURTHER DETAILS WILL BE RELEASED SOON!





Open Evening

Tuesday 18 May, 4pm – 8pm Book Online: shckyneton.catholic.edu.au

Hands on activities, information sessions and displays – something for everyone.

SACRED HEART COLLEGE KYNETON

Sacred Heart College Kyneton

Growing up Online

Members of the local community are invited to attend this Cyber Safe Event.

Guest Speaker: Susan McLean (CyberSafety Solutions)

An educational & entertaining session for parents and carers, covering the positive benefits of technology as well as what parents need to be aware of. Topics include:

- Cyberspace 101
- What are kids doing online
- Online Grooming
- Cyberbullying
- Problematic Gaming
- Exposure to damaging content



When: Tuesday 25 May Time: 7:00 pm - 8:30 pm

Where: Mary Moloney Theatre

Sacred Heart College, Kyneton

Tickets: This is a free event but seats must be booked via www.trybooking.com/BOYKU

A Ministry of Mercy Education Limited - ABN 69 154 531 870





\$500 towards your children's education costs like sporting or activity club fees









If you hold a current Health Care Card you can access up to \$500 in matched savings to help with your child's education or sporting club fees.

Contact Sarah your local Saver Plus coordinator today to find out how your family can access up to \$500 in matched savings by completing the free community program Saver Plus. Eligibility conditions apply.

0439 935 709 sarah.minty@bsl.org.au Facebook @SaverPlusAU www.bsl.org.au/saverplusenquiry



KIDS SINGING

Group singing lessons for children 6-12yrs

- Learn the fundamentals of voice
- Nurture musicality, build social skills
- · Positive, age appropriate

Mondays @ 4pm - enrol now for Term 2, 2021. To book or for more info phone Tara on

0418 718 471

Road Safety Message from the School Crossing Team

- When riding a bike on the road, you must follow the same road rules as other vehicles. This means you <u>must stop</u> at the School Crossing when the Supervisor is on the Crossing with the Stop sign displayed.
- When walking on roads where there are no footpaths, it is best to walk on the side of the road with the traffic coming towards you. This may seem strange, but it is the safer way as it means you can see the traffic coming without having to continually be checking behind you.
- Always use the School Crossing when the flags are displayed.
- Always check the parking signs around schools and ensure you are parked legally.



ENROL NOW FOR YEAR 7, 2022











Join us in Year 7 as a part of our Montagne Learning Experience.
You will always be known and loved at Marist.









Book a Principal Learning Walk, or Register for Transition Day on Wednesday 12 May 2021

Visit our website for full enrolment details www.marist.vic.edu.au

ENROLMENTS CLOSE FRIDAY 4 JUNE



IGNITE A PASSION FOR THE GAMES

CASTLEMAINE AUSKICK

Wesley Hill Oval

Sunday 9am (18th April - 20th June)

Jason Cordy 0407 705 432 jcordy@austfood.com.au

play.afl/auskick

WORSHIP TIMETABLE

6.00pm 5.15pm Castlemaine Reconciliation Castlemaine Saturday Vigil Mass:

Rosary is prayed before Mass 8.15am Sunday

10.30am 8.30am Castlemaine Reconciliation: Maldon Maldon Mass: Mass:

6.00pm Rosary is prayed after Mass Castlemaine Castlemaine Wednesday Tuesday Mass: Mass:

11.00am. Thursday Maldon Mass:

9.15am Castlemaine Friday Mass:

6.00pm Second Sunday of the Month Newstead Mass:

6.00pm Fourth Sunday of the Month Sandon Mass:

STEWARDSHIP CORNER

down for the sheep... and they will heed "I am the good shepherd... and I lay my voice"

JOHN 10:14-16

responds in "quiet whispers" that are not so what He wants from you? How do you listen Many times Jesus When You pray, do you only ask for the obvious. So, take time every day, in silence, things that you want? Do you ever ask Him to actively listen for His voice.. for His response?

ATHOLIC PARISH OF CAST

HOLY NAME OF MARY, CASTLEMAINE •ST BRIGID'S, N ST ANNE'S, NEWSTEAD ST LAURENCE'S, SANDON

CONTACT DETAILS

Phone: (03) 5472 1900 Mobile: 0419 511 064 Rev Wahid Riad PP PARISH PRIEST

ST MARY'S PRIMARY SCHOOL Principal: Ben Shields Phone: (03) 5472 2270

Parish Secretary

For details regarding the celebration of these sacraments, please contact PASTORAL CARE OF THE SICK BAPTISMS, MARRIAGES, the Parish Priest.

St.Mary's Hall are to be made through through Elaine Lacey on 0448 009 945. ST.BRIGID'S HALL - Bookings for ST.MARY'S HALL - Bookings for St.Brigid's Hall are to be made the Parish Office on 5472-1900.

CASTLEMAINE IS COMMITTED TO THE SAFETY, WELLBEING AND DIGNITY OF ALL CHILDREN AND VULNERABLE THE CATHOLIC PARISH OF



FOURTH SUNDAY OF EASTER SUNDAY 25th April - Year B

Phone: (03) 5472 1900, Email: castlemaine@cam Presbytery: 76 Hargraves Street/PO Box 151, CAST

Web: www.stmaryscastlemaine.org.a

We are proud to acknowledge the Dja Dja Wurrung people Parish Priest: Rev Fr. Wahid Riad as the traditional owners of this land.

oday's Readings Acts 4:8-12

John 10:11-18 1 John 3:1-2

The stone rejected by the builders has become the cornerstone. Responsorial Psalm

l am the good shepherd, says the Lord; I know my sheep, Gospel Acclamation and mine know me. Alleluia, alleluia! Alleluial

Prayer to St Joseph

To you, O blessed Joseph, do we come in our tribulation, and having implored the help of your most holy spouse, we confidently invoke your

Through that charity which bound you to the Immaculate Virgin Mother of God and through the paternal love with which you embraced the Child Jesus, we humbly beg you graciously patronage also.

1 John 3:18-24 Acts 9:26-31

Next Sunday readings:

John 15:1-8

Prayer to St Joseph cont.....

with your power and strength to aid us in Christ has purchased by his Blood, and to regard the inheritance which Jesus our necessities.

O most watchful Guardian of the Holy Family, defend the chosen children of Jesus Christ;

Every contagion of error and corrupting O most loving father, ward off from us

O our most mighty protector, be kind to us influence;

and from heaven assist us in our struggle Church from the snares of the enemy and from all adversity; shield, too, each one of supported by your example and your aid, holiness, and to obtain eternal happiness deadly peril, so now protect God's Holy we may be able to live piously, to die in us by your constant protection, so that, As you rescued the Child Jesus from with the power of darkness.

MAY THEY REST IN PEACE

Recent Deaths: Jack Walker

Anniversaries: Beatrice McCallum

Please pray also for all those who are sick the sick included in Masses please give their families and loved ones who care for them. If you would like prayers for the names to the office or Fr Wahid. and suffering serious illness and

STEWARDSHIP

\$1000 \$1028 \$1140 Thank you and every blessing for your contributions last weekend 1st Collection -Presbytery: 2nd Collection - Parish: Weekly Target:

\$2000

Weekly Target:

Direct Debit, our Catholic Development To contribute to our Thanksgiving by Stewardship Programme Fund Bank account details are as follows:

Account Name: Castlemaine Parish Church Account

• PRESBYTERY

083 347

Presbytery Account Account No: 635 910 163
Account Name: Castlemaine Parish Account No:

Please put your surname or Envelope Number as a reference. Thank-you.



A special Invitation to all Parishioners

I wish to invite all my dear parishioners to come back to Church especially to the the whole community to come together and St Mary's Church. I would love to gather as we can now have up to 159 people (due to density quotient) in Sunday Masses,

A BLESSED EASTER TO

peace and healing for everyone.

pray for

EVERYONE

Wishing you all my dearest Parishioners a Indeed he is Risen. Alleluia! He has most Blessed Easter. May the peace and oy of the risen Lord be upon you all and all your family. Alleluial Jesus is Risen! conquered death and given us life that Lord has won the victory for us all. Sing to the Lord. Praise the Lord. Alleluia is our song. Sing it loud. Enjoy the Easter Season that lasts 50 days until Pentecost. has no end. Rejoice my friends! Blessings to you all. Lots of love. Fr. Wahid Riad. PP.

St Vincent de Paul Society Bendigo Regional Council Combined Festival Mass

necc.pres@svdp-vic.org.au 0428952797 St Kilians – 161 McCrae St, Bendigo Lunch provided and guest speaker RSVP by Friday 23 April to Saturday 1st May, 11am

PROJECT COMPASSION

your Project Compassion boxes as soon as possible. your generous for all all return you contributions. Please Thank

LITURGICAL MINISTERS 2nd MAY, 2021

Reader:

David Brennand Vin Cappy Ext Min Com:

Reader: As arranged

8:30am

Ext Min Com: 10:30am

Bernadette & Louis Reader:

Trish Sharkey Ext Min Com:

HINE DODEEN DEACNEY LINEN ROSTER

Parish Diary

6.00pm - Mass - St Mary's 4.30pm - Legion of Mary Tuesday 27th April

9.15am Mass & Rosary - St Mary's 6.00pm - Reconciliation Sacrament Wednesday 28#April

11.00am - Mass - St Brigid's 9.15am Mass & Adoration Thursday 29th April Friday 30th April

Support the training of priests for Catholic Theological College Corpus Christi College and Good Shepherd Sunday Appeal tomorrow's Church

support the living arrangements and Your (tax deductable) donation will education for the Corpus Christi seminarians.

Donate via our website: www.ctc.edu.au

Wednesday 28th April, 6.00pm Reconciliation Sacrament:

Parish Sacramental Program

First Communion: Commitment preparation Mass: Sunday 25th July, 10.30am \$ Wednesday Communion evening:__ (school) Sacrament: Confirmation Commitment Mass: Sunday 10th October, 10.30 Sunday 29th August, 10.30 Communion First

Confirmation Preparation Evening: Confirmation Sacrament: Sunday 14th Wednesday 20th October November 10 30

For Healing and Wellbeing Meditation on Jesus Of Body and Soul

(through gentle postures and breathing exercises)

One Day Retreat

BYO Lunch Cost: \$25, Concession Saturday 15th May 2021 10am - 4pm

Registration is necessary by phone or email.

Concludes with Mass

22 Woodvale Road, Boronia, Vic, 3155 Guided by Fr. Gilbert Carlo SVD enquiries@janssencentre.org or At: Janssen Spirituality Centre RSVP Tel: 9762 6625 or email vilhertrarlo@omail com

AUSTRALIAN CATHOLICS

Please take home a copy