



Newsletter

Term 2, Week 1

Thursday April 22nd, 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 Monday, 26th	Assembly - 2:45pm Gr. 5/6 to lead	Monday, 10th	Assembly - 2:45pm Gr. 3/4 to lead
Wednesday, 28th	Open Morning - 9:00 - 11:00am 1st Reconciliation Celebration - 6:00pm <i>*please note change of time *</i>	Tuesday, 11th to Friday, 14th	NAPLAN
Thursday, 29th	Peaceful Kids Parent Information Session - 3:30-4:30pm	Monday, 24th	Assembly - 2:45pm Gr. 1/2 to lead
Friday, 30th	Beginning Term Mass - 9:15am	Wednesday, 26th	Gr. 3/4 Class Mass
MAY Wednesday, 5th	Open Morning - 9:00 - 11:00am	Friday, 28th	Tabloid Sports Day - Foundation & Gr. 1/2
Friday, 7th	Gr. 5/6 Class Mass - 9:15am	JUNE Wednesday, 2nd	Open Morning - 9:00 - 11:00am

A PRAYER FOR ANZAC DAY

O God, our ruler and guide,
in whose hands are the destinies of this and
every nation,
we give you thanks for the freedoms we enjoy
in this land
and for those who laid down their lives to defend them:
We pray that we and all the people of Australia,
gratefully remembering their courage and their sacrifice,
may have grace to live in a spirit of justice,
of generosity, and of peace; through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. Amen



Dear families,

Welcome back to school! After an exceptionally positive first term we are keen to make a great start to this term. It won't be long before all the usual routines kick in again and we hit our straps. I do hope you all enjoyed a break over the holidays and are ready to go for Term 2. There is so much happening around the school this term and I encourage all of you to be on lookout for the exciting upcoming learning experiences! Keep an eye on the school calendar via the newsletter or Google that Karen updates weekly.

ANZAC Day

This Sunday is an opportunity to remember the service people from war who fought for our country and its freedom. With many services still on hold, many families will light a candle at dawn in their driveway. Our Grade 5/6 class are working towards a small commemoration at the assembly this Monday at 2:45pm.

School Captains

Enhancing student voice at St Mary's is firmly fixed upon our radar and constant conversation point amongst our staff. 2020 provided many challenges and some important aspects of our community unintentionally moved to the side due to limited opportunities. I was fortunate to work with the Grade 6 students for a day in term 1 and we discussed the role of school captains for 2021 and how they would like the role to operate. The collective decision was that they would appreciate the opportunity to take turns to share the role across term 2, 3 & 4. The captains will meet with me on a weekly basis to discuss ongoing school improvements and initiatives.



Our term 2 captains are Ryan, Cayden and Alex

NAPLAN

The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual national assessment for students in Years 3, 5, 7, and 9. Students in these year levels participate in tests in Reading, Writing, Language Conventions (spelling, grammar and punctuation) and Numeracy. The tests provide parents and schools with an understanding of how individual students are performing **at the time of the tests**. NAPLAN tests are one aspect of each school's assessment and reporting process, and do not replace the extensive, ongoing assessments made by teachers about each student's performance. NAPLAN testing will be conducted online on May 11 – 14.

Reminders

School starts at 8:50am. Please do your best to have your child in the school grounds from 8:30am when supervision begins. The music will play for about 2 minutes (from about 8:48am) and your child should be making their way to class. Late passes can be obtained via the office but let's make an effort to be on time! Hats are optional now but we still encourage families to check the UV forecast and make an informed decision about wearing hats.

2022 Enrolment

We're so excited by the future opportunities and potential growth at St Mary's in the years to come. We actively promote our wonderful school in the community through media and marketing. However, the most powerful form of advertising, as you're well aware, is positive word-of-mouth. I'd like to thank you for providing feedback to external families. As much as we promote the school, it never ceases to amaze me just how many parents come in for a school tour on the recommendation of an existing or past family. Thank you! If you know of any new families looking to enroll at a school in 2022, it would be greatly appreciated if you could encourage them to come to one of our upcoming open mornings or book a school tour.

If you have a child that is enrolling in Foundation in 2022 please call to the office to collect an enrolment pack. Alternatively you can download an enrolment form off the St Mary's School website- <https://www.smcastlemaine.com/enrolment>

Open Mornings

In the coming weeks we will be having three open mornings. The primary purpose is to promote future enrolments, however you are most welcome to come in and have a look too! Given that this is a public event, we have full COVIDSafe event registration. Flyers will be dropped off to local kindergartens – if you have family or friends that may be interested could you please also let them know?



Have a fantastic week ahead!

Kind regards,
Ben Shields.

Castlemaine and District Cross Country Championships 2021



At 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 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.

Geography Excursion

Grade 3 – 6



This term, for Integrated studies in years 3 - 6, students will explore the topic of Geography. This curriculum area addresses numerous outcomes including being able to explain what sustainable living means and how this is connected to human, animal and plant health, access for humans to nutritious food, clean water and health care, recognising the significance of place and environments around the world and how these can differ and adapt.

For this unit of work, the students will have three excursions around our local community to explore the landscape and ecosystems that exist here.

We will be visiting Forest Creek in Castlemaine, Loddon River at Newstead & Expedition Pass at Chewton. Activities will include water bug investigation, locating and identifying pollution, map drawing & habitat sketching. Permission for these excursions is now available on PAM. Please ensure all medical records are up to date.

We will share our experiences in future newsletters and via SeeSaw.



S U S T A I N A B I L I T Y



‘Sustainability is our SUPER POWER!’

EARTH DAY – Thursday April 22nd

Every year on April 22, Earth Day marks the anniversary of the birth of the modern environmental movement in 1970.

Today, Earth Day is widely recognized as the largest secular observance in the world, marked by more than a billion people every year as a day of action to change human behaviour and create global, national and local policy changes.

We invite you to be a part of Earth Day and help write many more chapters!

LADIES NIGHT:

Next Ladies Night Out will be on 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 that suits.

RSVP: Jo Lawrence on 0412 839124.

MEN'S NIGHT:

Get together to watch a footy match next term - stay tuned!

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.

SUSHI 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. Thank you!

BREAKFAST CLUB:

Commencing week 3 of this term, toast will be available to students before school in the Delkhunya building. We are seeking parent volunteers to help prepare the breakfast each day. If you are able to assist on a particular morning could you please email Clare at c-majella@hotmail.com

NEXT MEETING:

The next meeting of the P & F is on Thursday, 29th April at 9:30am in the School Library. Any new members invited to attend.



SCHOOL PHOTOS – 2021

Our annual school photos have been taken and are now ready to order.

Arthur Reed Photos uses an online ordering system where you can view your photos prior to ordering.

On photo day all students received a flyer which includes a code unique to them.

You will require this 2021 code to register online and view your photos.

If you have already registered, you will receive an email or SMS from Arthur Reed Photos with a link to view your photos.

If you have not yet registered, please go to order.arphotos.com.au and enter your code to complete your order.

If you have misplaced your registration code, please contact the Arthur Reed Photos customer service team directly on 5243 4390 or customerservice@arphotos.com.au or ring the school.

Please note that you will need to register online with your 2021 photo code to gain access to this year's images.

All photo packages are being sent home in 2021, so please ensure that you enter the correct details and nominated shipping address upon checkout.

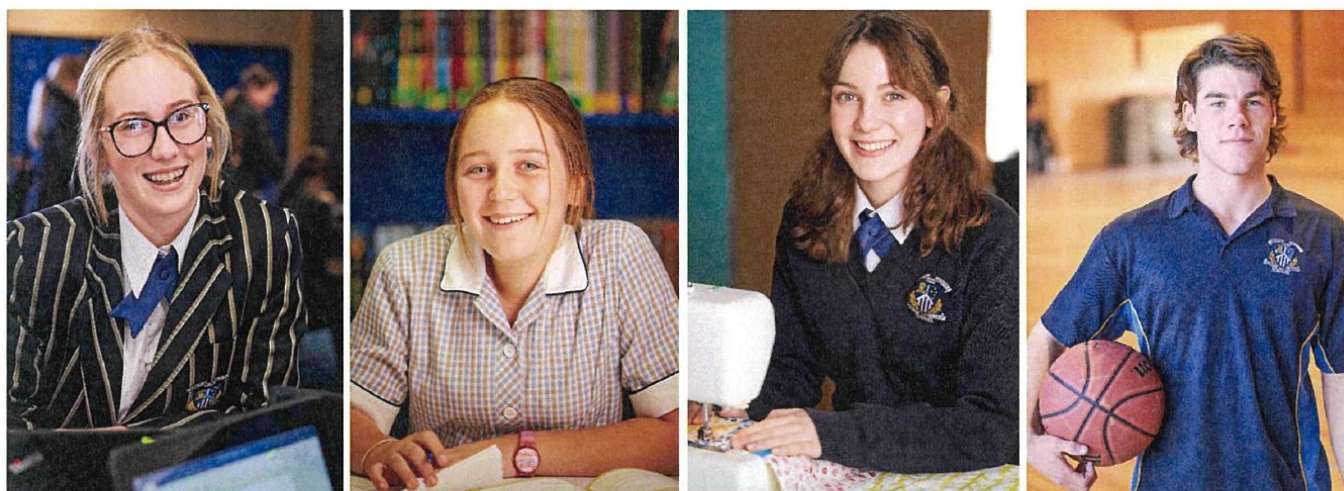
If you require any assistance ordering your photos, please contact Arthur Reed Photos directly on 5243 4390 or email customerservice@arphotos.com.au



COME AND EXPLORE MARIST



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



TUESDAY 27 APRIL 2021 | 4pm to 7pm

**ENROLMENTS OPEN TUESDAY 20 APRIL
& CLOSE FRIDAY 4 JUNE**

Visit our website for enrolment details and to register for
Year 7 Transition Day Wednesday 12 May 2021

www.marist.vic.edu.au



WINTER BASKETBALL SEASON STARTS APRIL 18!

***SUNDAY MEN'S
MONDAY BOY'S
TUESDAY GIRL'S
TUESDAY WOMEN'S***



**REGISTER YOUR DETAILS TO JOIN ASAP
GERALDINE 0447 027 045
OR
TRACIE 0400 589 416**

**CASTLEMAINE CANNONS
BASKETBALL ASSOCIATION**



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



CASTLEMAINE GOLDFIELDS FC

SMALL SIDED SOCCER

**CGFC (MiniRoos) Introduction to Soccer Program
for all Boys and Girls Ages 5 through to 9**

REGISTER NOW FOR TERMS 2 & 3

EMAIL CGFCSECRETARY@GMAIL.COM FOR MORE INFO



[FACEBOOK.COM/CASTLEMAINEGOLDFIELDSFC](https://www.facebook.com/castlemainegoldfieldsfc)

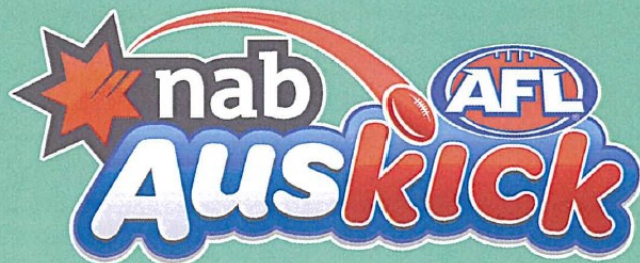


We would like to wish the following student a very happy birthday:



Riley Boyd : 24th April

**★ HAPPY ★
BIRTHDAY!**



NAB AFL Auskick is one of the best, first experiences kids aged 5-12 will have learning Australian Football.

In weekly sessions, Auskickers and their families will run, jump, kick, laugh and create their own special moments playing footy.

No matter their skill level, ability or knowledge of the game, Auskick is for everyone!

Registration is this simple!

1



Visit
play.afl

2



Select
'Where to play'

3



Enter your
suburb

4



Find your local
club and register!

play.afl/auskick



IGNITE A PASSION FOR THE GAME!

CASTLEMAINE AUSKICK

Wesley Hill Oval

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

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

play.afl/auskick



CATHOLIC PARISH OF CASTLEMAINE

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

SUNDAY 18th April – Year B
THIRD SUNDAY OF EASTER

Presbytery: 76 Hargraves Street/PO Box 151, CASTLEMAINE 3450

Phone: (03) 5472 1900, Email: castlemaine@cam.org.au

Web: www.stmaryscastlemaine.org.au

Parish Priest: Rev Fr. Wahid Riad

We are proud to acknowledge the Dja Dja Wurrung people
as the traditional owners of this land.

CONTACT DETAILS

PARISH PRIEST

Rev Wahid Riad PP

Phone: (03) 5472 1900

Mobile: 0419 511 064

ST MARY'S PRIMARY SCHOOL

Principal: Ben Shields

Phone: (03) 5472 2270

Parish Secretary

BAPTISMS, MARRIAGES,

PASTORAL CARE OF THE SICK

For details regarding the celebration
of these sacraments, please contact
the Parish Priest.

ST.BRIGID'S HALL – Bookings for
St.Brigid's Hall are to be made
through Elaine Lacey on 0448 009 945.

ST.MARY'S HALL – Bookings for
St.Mary's Hall are to be made through
the Parish Office on 5472-1900.

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

WORSHIP TIMETABLE

Saturday

Reconciliation Castlemaine 5.15pm

Vigil Mass: Castlemaine 6.00pm

Rosary is prayed before Mass

Sunday

Reconciliation: Maldon 8.15am

Mass: Maldon 8.30am

Mass: Castlemaine 10.30am

Tuesday

Mass: Castlemaine 6.00pm

Wednesday

Mass: Castlemaine 9.15am

Rosary is prayed after Mass

Thursday

Mass: Maldon 11.00am.

Friday

Mass: Castlemaine 9.15am

Second Sunday of the Month

Mass: Newstead 6.00pm

Fourth Sunday of the Month

Mass: Sandon 6.00pm

STEWARDSHIP CORNER

"Jesus himself stood among them and said to them, 'Peace be with you.' But they were startled and frightened"

LUKE 24:36-37

Throughout the day we have many opportunities to "see the face of Jesus" in others and to "be the face of Jesus" to others. Do we take that opportunity to provide "peace" to those we encounter or are we afraid of what others will think of us and do nothing? Pray for the strength and courage to live a "God-centered" life and not a "self-centered" life.

Today's Readings

Acts 3:13-15, 17-19

1 John 2:1-5

Luke 24:35-48

Responsorial Psalm

Lord, let your face shine
on us.

Gospel Acclamation

Alleluia, alleluia!

Lord Jesus, make your word

plain to us: make our hearts burn

with love when you speak. Alleluia!

Next Sunday readings:

Acts 4:8-12

1 John 3:1-2

John 10:11-18

Prayer to St Joseph cont.....

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

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

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

O our most mighty protector, be kind to us
and from heaven assist us in our struggle
with the power of darkness.

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

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
patronage also.

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



MAY THEY REST IN PEACE

Recent Deaths: Catherine Donnan
Carol Potts
Ethan McCulloch

Anniversaries:

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

STEWARDSHIP

Thank you and every blessing for your contributions last weekend

1st Collection –Presbytery:	\$665
Weekly Target:	\$1000
2nd Collection – Parish:	\$841
Weekly Target:	\$2000

•Stewardship Programme

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

•CHURCH

BSB: 083 347
Account No: 635 910 163
Account Name: Castlemaine Parish Church Account

•PRESBYTERY

BSB: 083 347
Account No: 635 910 163
Account Name: Castlemaine Parish Presbytery Account
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 Sunday Masses, as we can now have up to 159 people (due to density quotient) in St Mary's Church. I would love to gather the whole community to come together and pray for peace and healing for everyone.

A BLESSED EASTER TO EVERYONE!

Wishing you all my dearest Parishioners a most Blessed Easter. May the peace and joy of the risen Lord be upon you all and all your family. Alleluia! Jesus is Risen! Indeed he is Risen. Alleluia! He has conquered death and given us life that has no end. Rejoice my friends! The 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. Blessings to you all. Lots of love. Fr. Wahid Riad. PP.

Parish Planning Meeting

Parishioners are invited to the Parish planning meeting on Saturday 24th April at 12 noon in the Buckley room. All welcome!!

St Vincent de Paul Society Bendigo Regional Council Combined Festival Mass

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

LITURGICAL MINISTERS

25th APRIL, 2021

6:00pm
Reader: Trish Bowles
Ext Min Com: Tricia Barrett
8:30am
Reader: As arranged
Ext Min Com:
10:30am
Reader: Tindi Munyawara
Ext Min Com: Pauline Kennedy
LINEN ROSTER
MAY – VERONICA HURLEY

Parish Diary

Tuesday 20th April
4:30pm – Legion of Mary
6.00pm – Communion Service – St Mary's
Wednesday 21st April
9.15am Communion Service & Rosary – St Mary's
Thursday 22nd April
11.00am – Communion Service – St Brigid's
Friday 23rd April
9.45am Communion Service & Adoration

WELCOME!

To Fr. Paul Castley who will be celebrating with us this weekend.
Thank you, Fr. Paul.

PROJECT COMPASSION

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

Parish Sacramental Program

Reconciliation Sacrament:
Wednesday 28th April, 7pm
First Communion: Commitment Mass: Sunday 25th July, 10.30am
First Communion preparation evening: Wednesday 4th August (school)
First Communion Sacrament: Sunday 29th August, 10.30
Confirmation Commitment Mass: Sunday 10th October, 10.30
Confirmation Preparation Evening: Wednesday 20th October
Confirmation Sacrament: Sunday 14th November, 10.30

Meditation on Jesus

For Healing and Wellbeing Of Body and Soul

(through gentle postures and breathing exercises)

One Day Retreat

Saturday 15th May 2021 10am – 4pm
BYO Lunch Cost: \$25, Concession \$20

Registration is necessary by phone or email.

Concludes with Mass

Guided by Fr. Gilbert Carlo SVD

At: Janssen Spirituality Centre

22 Woodvale Road, Boronia, Vic, 3155

RSVP Tel: 9762 6625 or email

enquiries@janssencentre.org or milkeatela@gmail.com

AUSTRALIAN CATHOLICS

Please take home a copy

