

St Malachy's School



Prayer

Almighty God

We give you our school.

*We give you all the teachers
and staff who work here.*

*We give you all the children who
study here.*

*We pray our school will continue
to be a place of great discovery,
adventure and creativity.*

*May it continue to be a place
where we love to learn and
where we learn to love.*

*A place where everyone is
respected and all are deeply
valued.*

*We ask all this through Jesus
Christ our Lord.*

Amen



Principal's Message

Dear Parents,

Last Saturday was a wonderful celebration for our town, with Henley in full swing. A heartfelt thank you to all the families who participated; whether through the St. Malachy's display or as part of the Edenhope community floats — well done everyone! A special thanks to Lizzie Kealy, the Henley committee and her many helpers for their hard work in organising such a fantastic event.

Due to yesterday's extreme heat and high UV index, the Western Trinity Swimming Sports has been postponed. This decision was made with everyone's safety in mind, as the UV index reached extreme levels. The swimming sports are now on next Tuesday, 18th February in Casterton for Foundation to Year 6. **The bus will leave school at 8:55 a.m. and back at 3 p.m.**

Thank you also to all who attended our Opening School Mass on Tuesday evening. It was a beautiful way to mark the beginning of our school year, welcome our new students and families and bid a heartfelt farewell to Fr. George in gratitude for his dedication and pastoral care.

Staffing news, we are excited to announce we have a new teacher starting work on Tuesday, 11th March. Mrs. Mariz Ombajin will commence after the long weekend in March. Mrs. Ombajin has been teaching for six years and is moving from Brisbane with her husband. The couple have acquired accommodation in Edenhope.

Swimming lessons continue this Friday afternoon as usual.

Wishing you all a great week ahead!

-John



Address: 34 Lake Street, Edenhope, 3318

Phone: (03) 5585 1396

Mobile: 0428 913 777

Email: admin@smedenhope.catholic.edu.au

Principal: John O'Sullivan

SCHOOL ADVISORY COUNCIL
President: Chris White

Term 1 Calendar

February:

Thursday, 13th: School closure day/pupil free day

Tuesday, 18th: Western Trinity Swimming @ Casterton (take 2)

Wednesday, 26th: Little Desert Swimming @ Horsham

March:

Tuesday 4th: Shrove Tuesday

Tuesday, 4th: Kowree Swimming @ Goroke

Wednesday 5th: Ash Wednesday

Monday, 10th: Labour Day

Wednesday, 12th–Friday, 14th: Year 5/6 Camp @ Melbourne

Thursday, 20th–Friday, 21st: Year 3/4 Camp @ Grampians

Thursday, 27th: Parent-teacher interviews

April:

Friday, 4th: Term 1 ends



CHURCH MASS TIMES

1st Sunday: 9 a.m.

2nd Sunday: 9 a.m.

3rd Sunday: 11.15 a.m.

4th Sunday: Lay led @ 10 a.m.

From Carine – Mental Health & Wellbeing

Hey Warrior by Karen Young

Leader

A book for kids about anxiety. Kids can do amazing things with the right information. Understanding why anxiety feels the way it does and where the physical symptoms come from is a powerful step in turning anxiety around. Anxiety explained, kids empowered



As parents we might be worried about our children's worries/anxiety, but knowledge is power. Have a read through the SchoolTV KEYpoints, on the last page, for Anxiety – points 2, 6 and 8 are very important. Above is a book that is also recommended and which I have used on numerous occasions as well. Visit the author's site, <https://www.heysigmund.com/>, for more resources. Karen is a well-known psychologist who firmly believes that anxiety is not the problem, but that our response to it can be problematic. She further advocates that parents can support children in putting on their 'brave'.

Make yourself a cuppa and click on the SchoolTV link on the school website and check out the Anxiety section along with a variety of other topics.



Mum's cuppa – Thursday, 20th

It's time to put the kettle on again and have our fortnightly gather for a cuppa. Next one will be on 20th February @ 8.30 a.m. for about an hour. Everyone is busy so if you can't make it, that's ok too. There'll be heaps of other cuppas happening where you'll be able to meet other mums, network, have a laugh and we will have a sneak peek at what's happening in the classrooms. Hope to see you there.



Around the rooms

Foundation - Mrs. Craig:

We have hit the ground running in the Foundation class, working hard on all of the basics. We are working on mastering the spelling of our names, correct letter formation and working with numbers up to 20. Did you know, we can now spell the words cat and ant!

Year 1/2 - Mrs. Stringer:

I am so excited to share with you that my first three weeks at St. Malachy's as the Year 1/2 teacher have been wonderful! It has been a true joy getting to know the students and seeing how quickly they've become a kind, supportive and inclusive community. Together, we've created a "Kindness Tree" in our classroom, where we celebrate acts of kindness, big and small. It's heartwarming to see how eager the students are to fill the tree with positive actions that help build a nurturing environment for everyone. I'm also thrilled to mention the visits from my dog, Enzo, who is trained as a wellness dog. Enzo has already brought so much joy to the classroom as he listens to students read, offering a calming and supportive presence. We're all looking forward to more of his visits! In addition to this, we've started exploring guided meditation after lunch to help our students reset and prepare for the afternoon's learning. It's been a lovely way to encourage focus, relaxation and well-being and I'm excited to see the positive effects it will have as we continue. I look forward to more wonderful moments as we journey through this year together!

Year 5/6 - Ms. Simpson:

A flying start to the year! We are settling into new routines and work expectations, as well as developing an understanding of the behaviour expected of St. Malachy's Leadership class. An amazing effort by all Year 5 & 6 students for their cooking of supper for our School Opening Mass.



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Around the rooms

Year 3/4 - Mrs. Thomson:

Welcome back to 2025. The Year 3/4 class has settled in well and is already hard at work! This term, we will be focusing mainly on number strands in mathematics with the other strands thrown in such as shape, probability and measurement. In Literacy, our focus is on building our confidence and writing narratives. We are reading 'Because of Winn-Dixie' as our class novel and the students are already engaged in the story! Please keep an eye out for spelling sheets and orange reader diaries.

Spelling will be sent home weekly and reader diaries can come in each day or weekly - please encourage your child to read each night and continue to fill in their diary. A wonderful start to the term.

Kingston/Lucindale Hockey Club are seeking new and experienced players, junior and seniors to join us in playing for the 2025 season. Hockey is a fun family game with ALL games played in Naracoorte on Saturday's (so it doesn't matter where you live as all games are played at the same venue each week). Grades are: U/9, U/13, U/16, Men and women - U/9's can start from as young as 6! Kingston/Lucindale Hockey club are on the lookout for more junior (and senior) members to take up this great sport. Contact Carlee O'Bryan on 0403742265, e-mail KL Rangers@hotmail.com, or find us on our facebook page for any enquires. There will be a Come and Try day planned in Edenhope with date TBA or we will be holding one in Naracoorte on March 5th, 5pm-6pm (SA time).



Anxiety

Anxiety is a normal and common feeling that everyone experiences at some point in their lives, especially during times of stress or change. Youth anxiety is a similar experience for children and adolescents, but it can become overwhelming and interfere with their daily lives. It's important for parents to understand what anxiety is and what it means for their children, so they can help them cope and overcome these feelings. By having open and honest conversations, parents can support their children in developing skills and strategies to manage their anxiety and lead a happy and fulfilling life.

Empower confidence.

Start the conversation using these strategies:

- 1. Explain what anxiety is:**
Start by defining anxiety in simple and age-appropriate terms, that it is a feeling of worry, fear or unease about something that is going to happen or has happened.
- 2. Normalise anxiety:**
Let your child know that anxiety is a normal part of life and that everyone experiences it at some point.
- 3. Discuss physical symptoms:**
Explain that anxiety can cause physical symptoms, such as a racing heart, sweating or a stomach ache.
- 4. Identify triggers:**
Help your child identify what triggers their anxiety and why they feel that way.
- 5. Encourage open communication:**
Let your child know that they can talk to you about their worries and fears, and that you will listen without judgement.
- 6. Teach coping strategies:**
Teach your child various coping strategies for managing anxiety, such as deep breathing, progressive muscle relaxation and mindfulness.
- 7. Provide reassurance:**
Reassure your child that they are not alone in their feelings and that you are there to support them.
- 8. Model healthy behaviour:**
Show your child how to handle anxiety in a healthy and productive way.
- 9. Seek professional help:**
If your child's anxiety is impacting their daily life, seek help from a mental health professional.
- 10. Emphasise positive self-talk:**
Encourage your child to engage in positive self-talk and to focus on their strengths and accomplishments.