

St Malachy's School

A prayer



Merciful God,
As we carry the ash tattoo of the cross upon
our foreheads,
kindle within us memories of your mercy.
Give us the courage to turn away from sin
and return to You,
and so find our way to one another.
It is in this turning that we find our truth.
Amen.

Term 1 Calendar

March:

Monday, 10th: Labour Day - no school

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 - 2.15 p.m. finish

Principal's Message

Dear Parents,

Wednesday was an opportunity to attend Mass with the Year 1-6 students for Ash Wednesday, which marks the start of the Lenten Season in the Catholic Church. It's a season in which we remind ourselves about the true meaning of our faith. It's a time when we can challenge ourselves to be more prayerful, kind, generous, charitable and loving toward one another.

Our new priest, Fr. Cay, introduced himself and told us about his background. I was impressed by the way he spoke with the students at a level that they could understand.



Parent-teacher interviews

Interview time slots have been opened up for Parent-teacher interviews on Thursday, 27th of March. We request all families book a time through P.A.M. or contact us directly to arrange an interview prior to the day. Phone interviews are available as an option. This is a great opportunity to touch base with the teachers and see how your child is going at school.



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Principal: John O'Sullivan

SCHOOL ADVISORY COUNCIL
President: Chris White

From Carine – Mental Health & Wellbeing Leader

Helping our kids handle conflict



Dealing with conflict is not only stressful for kids, but parents too. Kids who know how to manage conflict are happier, have healthy friendships and learn better at school. While it's easy to jump in and fix the problem, coaching kids on their conflict resolution skills can have longer-term future benefits for everyone! Kidshelpline has got some tips to help you support your child to handle conflict better.

- Be a positive role model – Kids learn about resolving conflict by observing others.
- Create a safe environment – Allow them to express themselves openly and honestly without fear of a negative or emotional reaction.
- Teach them strategies to calm down – Such as deep breathing, relaxation, exercise, writing, drawing, painting or other expressive activities.
- Work out how they feel – Talk it over to help them identify and process their feelings.
- Help them manage their feelings – Help your child find ways to manage their feelings in the moment such as counting to 10 or walking away.
- Work out what they want – Help them to understand their own needs or motivations.
- Encourage empathy – Help them to figure out what the other child wants and how they might be feeling.
- Teaching effective communication skills:
 - Using "I" statements to express feelings – "I feel ____ when ____"
 - Avoiding name calling, hurtful words or acting on emotions
 - Talking about the problem openly and directly with the other person
 - Listening carefully to others – making eye contact, no interrupting
 - Understanding others – repeating back what the other person has said
 - Being kind – it's hard to fight in the face of kindness
- Building problem solving skills, once kids have expressed and understood what the problem is, you can support them to work it out. Together with your child:
 - Brainstorm a big list of solutions
 - Help them think of different ways to solve the problem
 - Talk about being flexible and making room for compromise
 - Aim for a win-win solution – something that is fair for everyone
 - Help them agree on a solution and be willing to give it a go
 - Support them to think of possible consequences of solution
 - Put the solution into action and see how it works

(Source: <https://kidshelpline.com.au/parents/issues/helping-kids-handle-conflict>)


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.




come find your awesome


EDENHOPE APSLEY



AUSKICK
EDENHOPE FOOTBALL OVAL
STARTING: THURSDAY, MAY 1ST
TIME: 4:30PM - 5:30PM
ALL WELCOME



play.afl/auskick



**SUBMISSIONS CLOSE
END OF TERM 1**

St Malachy's Cookbook

We are wanting to put together a St Malachy's cookbook! We are requesting recipes from families and community members before the end of Term 1 (4th of April), so we can collate the books and you can order them later in the year. The book will feature children's artworks.

We are requesting:

- Foundation Families: Snacks and Accompaniments
- Year 1/2 Families: Soups + Side dishes
- Year 3/4 Families: Main Dishes
- Year 5/6 Families: Desserts

Questions:

- Can I submit a recipe that is not assigned to my year level?
Yes of course you can if it is a special dish!
- Can I submit a recipe if I am not a student but a community member? Definitely!
- Will all recipes be included? If we get double ups of the same recipe, we will not include both.
- Can I submit more than one recipe? Certainly!

How to submit:

Digital copies of recipes are preferred to assist in the editing process, however written and printed recipes are also accepted. Please either drop your recipe into the front office or attach your recipe to a message to the St Malachy's facebook page. Please ensure method and quantities of ingredients are clear.

DON'T FORGET TO INCLUDE YOUR FAMILY NAME IN THE RECIPE, YOU CAN EVEN RENAME YOUR DISH TO INCORPORATE YOUR NAME IN A CREATIVE WAY IF YOU WISH!



A FREE WEBINAR Digital media literacy & safety

Supporting Primary
& Secondary students

Join us for an exclusive webinar featuring two of Australia's leading experts in youth wellbeing and cybersafety as they provide invaluable insights into how to support young people navigate the online world safely and responsibly.

This webinar is **Part I of a two-part series**. In this session, topics include:

- New Social Media Regulations
- Cyberbullying
- Exposure to Hate Speech
- Online Safety and Fraud

Suitable for: Parents, grandparents, carers, educators, school leaders.



Online, Wednesday
19 March, 2025
7.00 pm



Dr Michael Carr-Gregg

Renowned child and adolescent psychologist, Michael has years of experience working with young people and families and was Chair for the Cybersafety Committee.



Susan McLean

As Australia's foremost cybersafety expert and founder of Cyber Safety Solutions, Susan will offer proactive strategies to help keep young people safe.



Don't miss out.
FREE event.
Scan to register.

EASTCO190325

Acceptable Use and Cyber Safety Agreement & Digital Technology Agreements

Thank you to the students that have returned their signed Technology Agreements and thank you to the parents that have returned their signed Acceptable Use and Cyber Safety Agreements.

There are still quite a few agreements to be signed and returned so please send them in as soon as possible so they can be collated and filed.

We hope it's created healthy conversations amongst your families and there are more articles and resources on SchoolTV available too.

SchoolTV are running a Free Webinar on 19th March - see details in advert.



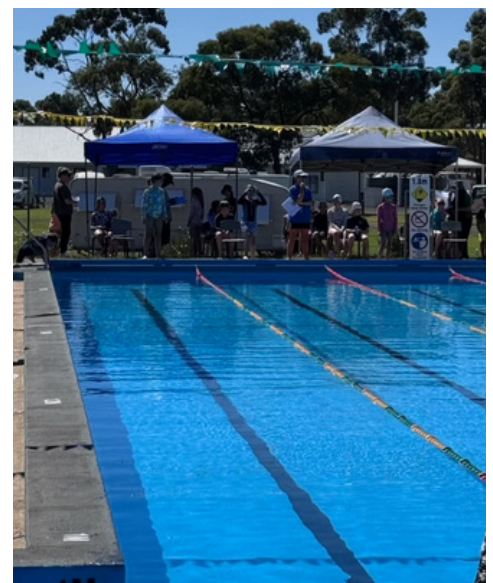
Mum's cuppa -
Tuesday, 18th
March @ 8.30



Kowree Swimming Sports



Thanks to Bec Heath and Sherryn Simpson for the photos.



Around the rooms

Year Foundation – Mrs. Craig

The Foundation students had a great time celebrating Shrove Tuesday and making pancakes with Mr. O. helping. Students loved trying different flavours on top of their pancakes.



Year 1/2 – Mrs. Stringer

Our Year 1/2 students have embarked on an exciting new unit focused on shapes.

As part of this unit, students explored the school grounds to identify various shapes in their environment, fostering their ability to recognise and categorise shapes in the world around them.

In addition, today's Mass provided a meaningful opportunity for students to reflect on the season of Lent. Inspired by the service, each student made a Lenten promise, which they then shared with their parents through their Seesaw journals.

The students have also begun working on their inquiry projects, where they are creating a timeline of their lives. This project allows them to highlight important milestones, special dates, and personal achievements, helping to develop their understanding of chronology and self-reflection.

We look forward to seeing the continued growth and exploration of these young learners in the weeks ahead!

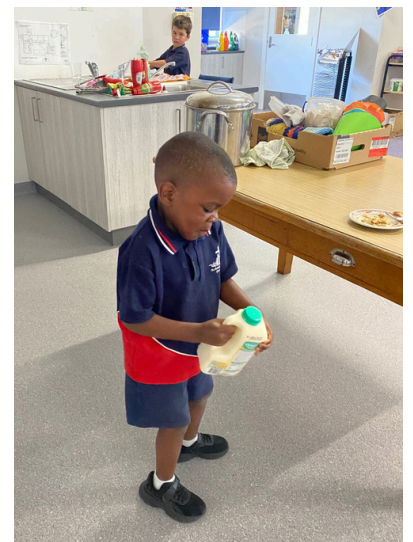
Year 3/4 – Mrs. Thomson

Term 1 is shaping up to be a busy term! We are continuing to work on our fluency and narrative writing in Literacy and our place value knowledge in Numeracy. Our First Nations Inquiry unit is progressing, hopefully we will have some completed dioramas to show for our efforts.

Students have also taken part in Ash Wednesday and Shrove Tuesday events attending Mass and making pancakes – which were delicious!

Camp is coming up quickly on March 20th and 21st. Information has gone home in hard copy this week and permission consent to be completed via PAM. As you read and prepare to return all the paperwork, please contact the school if you have any questions. A detailed itinerary will be sent home next week. PLEASE NOTE the change of time on the PAM form and the difference from the time noted on the hard copy paperwork.

Students will need to be at school and ready to leave by 8:15 NOT 9 am.



New Research Highlights Lifelong Benefits of Catholic Schooling

Innovative research using data from the Household, Income and Labour Dynamics in Australia (HILDA) Survey has revealed significant lifelong benefits for individuals who attended Catholic schools. The study, conducted by the Centre for International Research on Education Systems (CIRES) at Victoria University, found that Catholic school graduates are more likely to experience advantages in employment, income, health, and overall life satisfaction.

Key Findings

The research highlights both personal and community benefits of Catholic education. On average, individuals who attended Catholic schools are more likely to be employed and earn higher wages than those who attended government schools, with wage differences ranging from 4 to 11 per cent. Additionally, Catholic school graduates are more likely to work in industries that contribute to the public good and are also more inclined to donate to charitable causes.

Beyond economic benefits, the study found that Catholic school attendees generally report higher levels of life satisfaction and better personal health outcomes. These findings were statistically significant and account for adjustments to isolate the impact of Catholic school attendance from other individual and family characteristics.

About the HILDA Survey

The HILDA Survey is Australia's only study that tracks a large, representative sample of Australians over time, collecting data across a broad range of areas, including economic wellbeing, personal health, employment, and community participation. This long-term approach allows researchers to examine how various factors, such as education choices, influence life outcomes.

According to the Melbourne Institute, which manages the HILDA Survey, the data provides valuable insights into how past decisions, such as school sector attendance, shape individuals' futures.

Research Team

The study was led by Mr. Andrew Wade, alongside Dr. Beatriz Gallo Cordoba and Dr. Maria Prokofieva. Mr. Wade brings over 20 years of experience in public policy analysis and education research, having advised multiple Australian state and federal education departments. His expertise spans various levels of education, from early childhood to higher education, with a focus on funding, resourcing, and educational outcomes.

This research reinforces the long-term value of Catholic education, highlighting its positive influence on graduates' careers, financial security, and overall well-being.

<https://dobcel.catholic.edu.au/new-research-highlights-lifelong-benefits-of-catholic-schooling/>

