

# St Malachy's School

## A prayer



Loving God,  
Thank you for blessing us with the gift of water, a source of life that is forever giving and renewing. We are grateful for this precious gift that nourishes and sustains all living beings.  
We humbly ask for your guidance to inspire our leaders to make decisions with love and care, prioritising the well-being of communities and our beautiful Earth.  
May each one of us be touched by your grace, motivating us to look beyond ourselves. Help us embrace the spirit of generosity and consideration in using water wisely and advocating for equal access to safe, clean water for everyone.  
In your loving name we pray,  
Amen.

## Term 1 Calendar

### **March:**

**Thursday, 27th:** Parent-teacher interviews

### **April:**

**Friday, 4th:** Term 1 ends - 2.15 p.m. finish

**Monday, 28th:** Term 2 begins

## Principal's Message

Dear Parents,

The students and staff have done a fantastic job working through the NAPLAN assessments this week. We appreciate their effort and resilience and look forward to receiving the results later in the year.

Last week, the Year 5/6 class had a wonderful time on their camp to Melbourne. For many students, riding a train and tram for the first time was a highlight! They also had the incredible opportunity to tour the M.C.G. and experience the magic of live theatre at the Beauty and the Beast musical plus a lot more. It was a truly memorable three days away.

Yesterday, the Year 3/4 class set off for their camp at Grampians Retreat. With many exciting outdoor activities planned, we can't wait to hear about their adventures upon their return!

Next week will be our last Friday for swimming on March 28. A big thank you to Toni Nolan who has been helping us out each week. Toni's expertise in water safety area is well respected and I thank Toni for her time in helping us out this term. Much appreciated by us all!

-John

## Pupil Free Days 2025

Here are some dates to mark on your calendar.

These upcoming school holidays will be 3 weeks long instead of 2 weeks as staff have 3 P.D.s to attend in the week following Easter.

Tuesday, 22nd April: Religious P.D. in Hamilton

Wednesday, 23rd April: Whole school English curriculum P.D. in Horsham

Thursday, 24th April: School Wide Positive Behaviour P.D. in Horsham

Friday, 25th April: ANZAC Day

Wednesday, 14th May: Whole school Diocesan Strategic Plan P.D. - Horsham

Monday, 3rd November: Structured Literacy P.D. Day



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President: Chris White

# From Carine - Mental Health & Wellbeing Leader

## Anxiety (worries)

Imagine a deer grazing peacefully in the forest. Suddenly, a loud noise — a snap of a twig — sends a jolt through its body. Its heart pounds, legs tense, breath quickens. It's ready to flee. But when the danger passes, something fascinating happens: the deer shakes — a full-body release. Then, it calmly returns to grazing, as if nothing happened.

Kids, like deer and like adults, have built-in alarm systems. When something stressful happens — a tough test, an argument, or even just walking into a noisy classroom — their bodies react first. Their stomach might feel tight, their hands might get sweaty, or their chest might feel heavy. But unlike the deer, they often hold onto that stress, keeping it locked inside.

What if they could learn to shake it off? Scientists have studied how animals naturally release stress. When the deer shakes, it resets its nervous system, moving from "fight or flight" back to calm. But kids (and adults) don't always get that reset. Instead, their bodies stay stuck in high alert — tight muscles, racing thoughts, trouble sleeping. The good news? Research shows that mindful movement, deep breathing, and even a little "shaking it off" (literally!) can help kids calm their nervous systems.

Try these simple, body-based techniques with kids to help them let go of anxiety:

**The Deer Shake** – Stand up and shake your arms, legs, and whole body like a deer releasing stress. Let it be silly! Star jumps can have the same effect.

**The Lion's Breath** – Take a deep breath in, then roar out your worries like a lion shaking its mane. Or, try box/square breathing, 5 finger breathing, or the psychological sigh (<https://www.youtube.com/watch?v=rBdhqBGqjMc>).

**The Turtle Retreat** – Curl into a ball, take three deep breaths, then slowly stretch out like a turtle coming out of its shell.

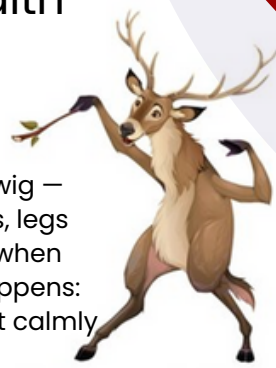
**The Butterfly Hug** – Cross your arms over your chest and gently tap each shoulder, left-right-left, like a butterfly's wings flapping (while you breath slowly in and out).

By teaching kids to listen to their bodies — and release anxiety the way nature intended — we can help them feel safe, brave, strong, and calm again.

(Reference for some of the information: MindfulKids)



There are also some great resources on SchoolTV under the Mental Health tab/link so make yourself a cuppa and have a look.



**SHAKE IT, SHAKE IT!**

## 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.

## Project Compassion

Every year, during Lent at St. Malachy's, we fundraise for Caritas through Project Compassion. Each child is sent home a Project Compassion box and are asked to take on something or give something up as a way of raising money. We have challenges at school - Making positive choices around our words and actions. This year, we are going to have a major focus on water. We will learn about people in different parts of the world who do not have access to clean water and how not to take this precious resource for granted. Children will be challenged during Lent to make some water saving efforts in their home - they can use this as a way of raising money. Eg, parents might sponsor their child 20c for every time they have a 2 minute shower OR, donate 20c for their child turning the tap off whilst brushing their teeth. Water saving will be a focus in our RE classes in the coming two weeks as we learn about some individuals and families from different developing countries who are sponsored by Caritas Australia through our donations.

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!

# Year 5/6 Melbourne camp

## **Eureka Skydeck – Thomas & Felix**

After our delicious dinner at Urban Camp we hopped on the bus with the other schools and went to the Eureka Skydeck. When we got to our destination, we went into an elevator which some people did not like as the elevator went up 88 levels! When we got to the top, we went to the glass and looked down. Some of us got scared. The cube is a box that goes out of the edge of the building and the floor goes see-through. We had to wear funny shoe covers to go in the cube and everyone screamed when the floor went see through.

## **M.C.G. tour – Elena & John**

On Thursday, we went to the M.C.G. and had a tour. We were in a group with Penshurst and our tour guide's name was Peter. First Peter showed us the "bench" where the A.F.L. and Ashes players sit when they wait to play. Next, we found the red seat where Brad Hodge hit the longest 6 at the MCG – it's in the third tier. We saw the club rooms that Richmond were to use that night. Then we saw the technology room where media filmed the match. For our lunch break, we wandered down to the Enterprise Wharf – where one of the first ships docked and is given the honour of being the foundation ship of Victoria. We saw lots of stuff in the Yarra River including some fish who ate chocolate cake.

## **Artvo – Ella & Jade**

At Artvo, we experienced colourful and mind-blowing artworks in the rooms. They all looked so realistic. We took a lot of photos on Ms. Simpson's and Mr. O's phones but it was worth it. The funny thing about it was every time we took THE best photo, there was always another to take! The best part of it was that our imaginations have millions of wonderings and we explored a lot although it was all within only eight rooms.

## **Ice Skating – Lizzie & Milly**

Ice skating was a great experience but especially for us because we don't have access to these kinds of facilities. Although for some, it felt like an unnerving experience at first, soon after a few tumbles, everyone got back on their feet and were skating laps around the rink. We learnt how to stop using the motorbike position, how to fall down safely as well as getting back up, and how to turn around which all contributed to having a great skating experience. When we had free time, there were certainly a few falls but fortunately no broken bones! As for our own personal skating, we were trying to spin and skate backwards which some of us accomplished but others are still working on. After one challenge, there was always another, some resulting in success others resulting with an icy bottom! One of the women teaching us showed us an incredible spin, where she spun several times with only one foot on the ice and her hands above her head so she had to remain on pure skilful balance. We are truly grateful for our experience at O'Brien's Ice skating rink.

## **Melbourne Gaol – Connor & Henry**

On Thursday, we went to the Old Melbourne Gaol. We had so much fun seeing Ned Kelly's death mask. We learned a woman escaped prison for a year then got caught and got sent back to gaol. We also got to have free time and see other areas in the gaol including how prisoners slept – a lumpy mattress, one blanket in summer, maybe two in winter but no cooling or heating. When the women were in gaol, they had to do cleaning and laundry, and the men had to break rocks with sledges. Most of the time, they had to be silent in their cells.

## **Beauty and the Beast – Lily & Rhianna**

On the way to Her Majesty's Theatre, we went on a bus with the other schools. When we got there, Ms. Simpson made us take a photo in front of the opening sign (we had to take a lot of photos!!). When we got inside, we took two more photos and got our tickets and found our seats. It finally started. It was very loud but very amazing. Belle was very pretty in her blue and white dress. She looked fabulous in her yellow and gold sparkly ball gown. When the Beast turns into a human again, long pink streamers shot out of cannons. It was so amazing at the end. Everyone clapped and cheered.

## **Melbourne Aquarium – Archer & Markus**

Everyone was shaking with excitement at going to the Aquarium. We saw many different fish and animals such as jellyfish, crabs, turtles, sharks, crocodiles, snakes, frogs and some fish that looked like Nemo and Dory. There were also stingrays with little smiley faces, turtles the size of car tyres and the crocodile was so still, it looked fake. Sometimes, it felt like we were in the tank with the fish popping our heads through a bubble like glass container. At last we got to meet the little cuddly penguins. We got some photos with them and even followed some but best of all we spotted Pesto the penguin.



## Year 5/6 Melbourne camp - cont.

### Queen Victoria Market - Finn & Maggie

We had the best time at the Vic. Market. Mr. O was very kind and kept our luggage safe so all the students could go and explore. The market was enormous - I nearly got lost. We started with a tour of the meat and deli area, where you could buy unusual foods like intestines, livers, cow tongues, brains, not forgetting lungs and eels. Then some of us had a few cheese samples. We enjoyed spending our money because most of the other places only took card. I enjoyed having a bit of free time to buy some things I liked. I thought it was funny how fast Mr. O. could buy a car mat. Most of the boys brought sunglasses and most of the girls bought fun hats. I bought a cute little dog hat whose ears move. It was amazing the variety of things you can get from car mats to cow tongues.



### Child Safety

The students have been reminded about safe travel on school buses. A reminder for bus travellers to stay seated with seatbelts on and keep the noise to an appropriate level on buses. I have had some feedback from some senior students that a small group of students are not following our bus travel expectations. If parents can please reinforce this at home, it would be appreciated.

Mum's cuppa - Wednesday,  
2nd April @ 8.30 a.m.









