

St Mary's Catholic Primary School

Cnr Byng and Park Street / PO Box 8007 ORANGE NSW 2800

Ph: 6362 7926

stmarysorange@bth.catholic.edu.au

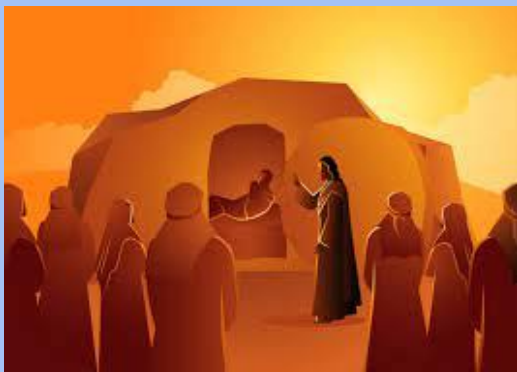
www.stmarysorange.catholic.edu.au



23rd March 2023 Term 1 Week 8

Our Vision

With Jesus Christ as our inspiration and guide,
St Mary's Catholic Primary School Orange is a Professional Learning Community that works in collaboration
with family, church and community to celebrate high levels of learning for all.



5th Sunday of Lent - Gospel of John

The sisters Martha and Mary sent this message to Jesus, 'Lord, the man you love is ill.' On receiving the message, Jesus said, 'This sickness will end not in death but in God's glory, and through it the Son of God will be glorified.'

Jesus loved Martha and her sister and Lazarus, yet when he heard that Lazarus was ill he stayed where he was for two more days before saying to the disciples, 'Let us go to Judaea.'

On arriving, Jesus found that Lazarus had been in the tomb for four days already. When Martha heard that Jesus had come she went to meet him. Mary remained sitting in the house. Martha said to Jesus, 'If you had been here, my brother would not have died, but I know that even now, whatever you ask of God, he will grant you.' 'Your brother' said Jesus to her 'will rise again.'

Martha said, 'I know he will rise again at the resurrection on the last day.' Jesus said:

'I am the resurrection and the life. If anyone believes in me, even though he dies he will live, and whoever lives and believes in me will never die. Do you believe this?'

'Yes, Lord,' she said 'I believe that you are the Christ, the Son of God, the one who was to come into this world.' Jesus said in great distress, with a sigh that came straight from the heart, 'Where have you put him?' They said, 'See how much he loved him!' But there were some who remarked,

'He opened the eyes of the blind man, could he not have prevented this man's death?' Still sighing, Jesus reached the tomb: it was a cave with a stone to close the opening. Jesus said, 'Take the stone away.' Martha said to him, 'Lord, by now he will smell; this is the fourth day.' Jesus replied, 'Have I not told you that if you believe you will see the glory of God?' So they took away the stone. Then Jesus lifted up his eyes and said:

'Father, I thank you for hearing my prayer. I knew indeed that you always hear me, but I speak for the sake of all these who stand round me, so that they may believe it was you who sent me.'

When he had said this, he cried in a loud voice, 'Lazarus, here! Come out!' The dead man came out, his feet and hands bound with bands of stuff and a cloth round his face.

Jesus said to them, 'Unbind him, let him go free.'

Many of the Jews who had come to visit Mary and had seen what he did believed in him.

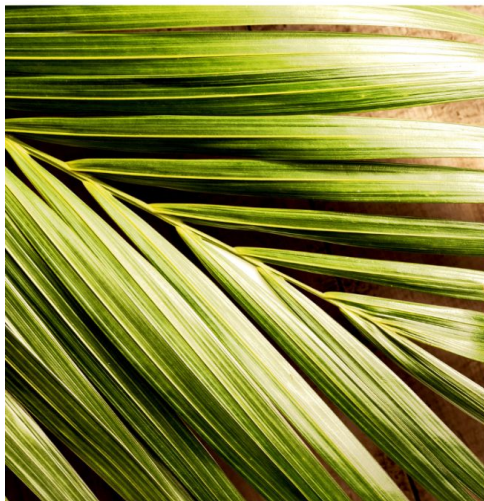
Caritas Guest Speaker



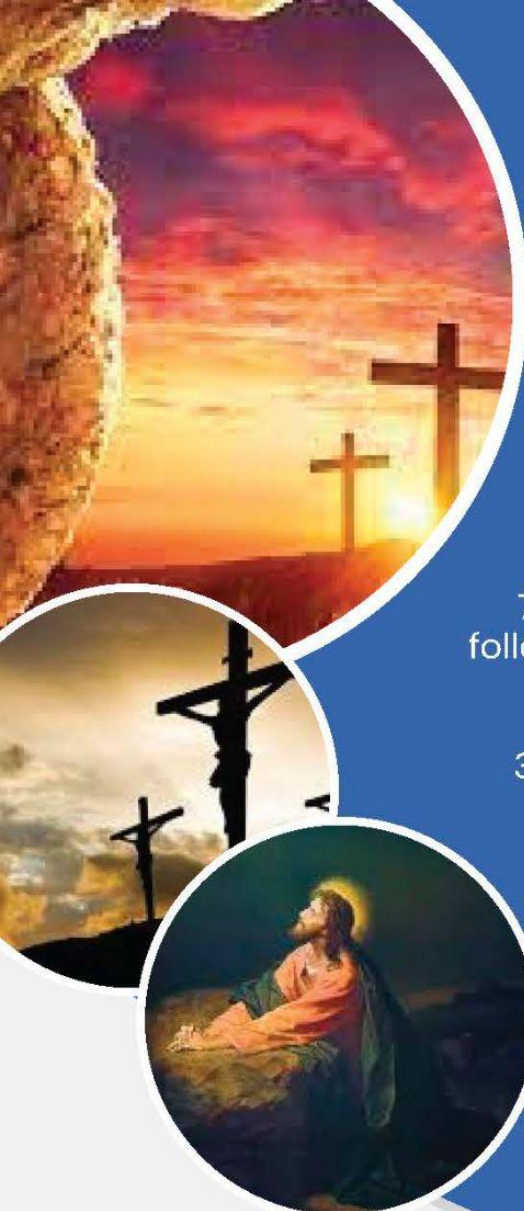
Today Chris from Caritas Australia visited our school to talk to the Mini Vinnies and students from Years 4-6 about the life changing work they do to support people in need. Students had an opportunity to ask questions and develop their awareness of different projects supported by Caritas Australia. Thank you, Chris for visiting us.

JOIN US AS WE REMEMBER

HOLY WEEK 2023



TUESDAY 4 APRIL 2023
9:05 AM - ST MARY'S HALL



EASTER 2023

Celebrating the Passion, Death and Resurrection of Our Saviour

ORANGE

Maundy Thursday

7.30pm Mass of the Lord's Supper (incense) at St Joseph's followed by Adoration until midnight at the Old Convent Chapel

Good Friday

3.00pm The Passion of Our Lord Jesus Christ at St Joseph's
3.00pm The Passion of Our Lord Jesus Christ at St Mary's

Holy Saturday

10.00am Office of Readings
and Morning Prayer at St Mary's

6.30pm The Easter Vigil in the Holy Night at St Mary's
(incense, approx 2.5 hours)

Easter Sunday

8.30am Mass at St Joseph's
10.00am Mass (incense) at St Mary's

ORANGE DISTRICT

Maundy Thursday

7.00pm Mass of the Lord's Supper followed by Adoration until 9.00pm at Molong

Good Friday

3.00pm The Passion of Our Lord Jesus Christ at Molong

Holy Saturday

6.30pm The Easter Vigil in the Holy Night at Manildra

Easter Sunday

8.00am Mass at Mullion Creek
8.00am Mass at Cudal
9.30am Mass at Cargo
10.00am Mass at Molong

Reconciliation (Confessions)

Tues 4 April 7.30pm Encounter Evening at St Mary's

Wed 5 April 12.30-1.30pm and 5.00-5.40pm at St Joseph's

Thurs 6 April 12.30-1.30pm at St Joseph's

Fri 7 April 4.00-4.30pm at St Joseph's and St Mary's

Way of the Cross - Good Friday

9.30am Pilgrimage walk & rosary from St Joseph's to Botanical Gardens

10.30am Orange Botanical Gardens

10.30am Molong

10.30am Manildra

3.00pm Mullion Creek



Christian Leadership Awards

Alexis Fragar

In recognition of
“Positive View on Life”

Baeden Limberger

In recognition of
“Positive View on Life”

Cruz Woodley

In recognition of
“Positive View on Life”

Jack Wilson

In recognition of
“Positive View on Life”

Hannah Sheldrick

In recognition of
“Positive View on Life”

Isla Olano

In recognition of
“Positive View on Life”

Laura Davis

in recognition of
“Community & Common Good”

Evie Benson

in recognition of
“Community & Common Good”

Tobias Hansen

in recognition of
“Community & Common Good”

Jacob White

in recognition of
“Community & Common Good”

Frankie Curran

in recognition of
“Community & Common Good”

Patrick Penberthy-Neil

in recognition of
“Community & Common Good”

Adriaan Van Niekerk

In recognition of
“Search for Truth & Wisdom”

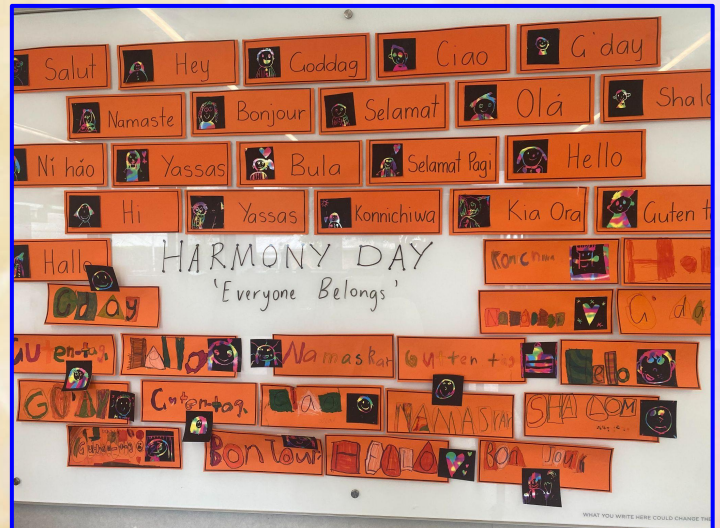
Samuel Cole

In recognition of
“Positive View on Life”



“ Be the change you wish to see in the world.” Mahatma Gandhi

As you can see from the newsletter it has been a week where St Mary's students have had opportunities to think deeply about their prospective place in the world and how, by their attitudes and actions, they can be a force for good and an example to others.



Today I had the absolute privilege to accompany some of our Year 6 leaders to the Triple M studios to record a radio advertisement for the upcoming enrolment period for St Mary's. Our students are absolutely our best advocates!

#brightfuturesstarthere



Gayle Stratton

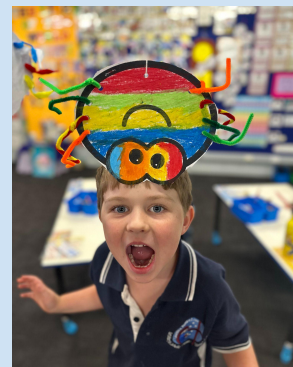
Kindergarten Blue News

WOW! What a super busy term we have had in KBlue! It is amazing to see how much these beautiful students have learnt in such a short time. It is a pleasure to see smiling faces every day ready to have fun learning!

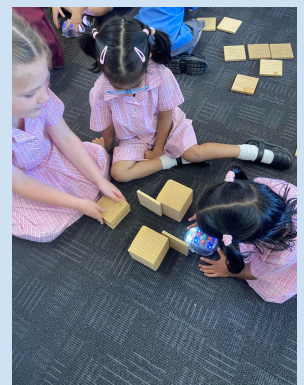
In Maths we have been learning all about Length! We had to find objects in the classroom which were longer, shorter and the same size as a shoe. It was lots of fun! KBlue are also super clever with numbers and have even learnt all about tens frames, tallying and number lines!



We have been learning lots of Nursery Rhymes in English. It is so much fun acting out the rhymes and doing lots of fun activities to help us read and write words. We got a little frightened when Incy Wincy decided to spin his web and scare us! We found out that he was only trying to ask directions to the nearest water spout!



In Science we have been looking at Living and Non Living things. Our class pet is a stick insect named Lola and we have to make sure she has food, water, oxygen, shelter and care to survive. We are also super clever scientists because we had to code Blue Bots to help them find their way to shelter. We used blocks to build a shelter and program the Bot so it would be safe inside. Very clever children!



In the lead up to Easter we have been learning about the Washing of the Feet. We understand that Jesus said 'Love one another as I have loved you' and we are trying really hard to be more like Jesus. KBlue showed their understanding of the Washing of the Feet by recreating the scene with playdough and sharing the story with each other.

I bet you didn't know that the children in KBlue were super athletes! You should see us jump! We have been going to the long jump pit on the primary playground and learning all about jumping. We have our eyes set on the Commonwealth Games! Watch this space!

It sure has been a fun and exciting time in KBlue and we look forward to sharing lots more with you next term!

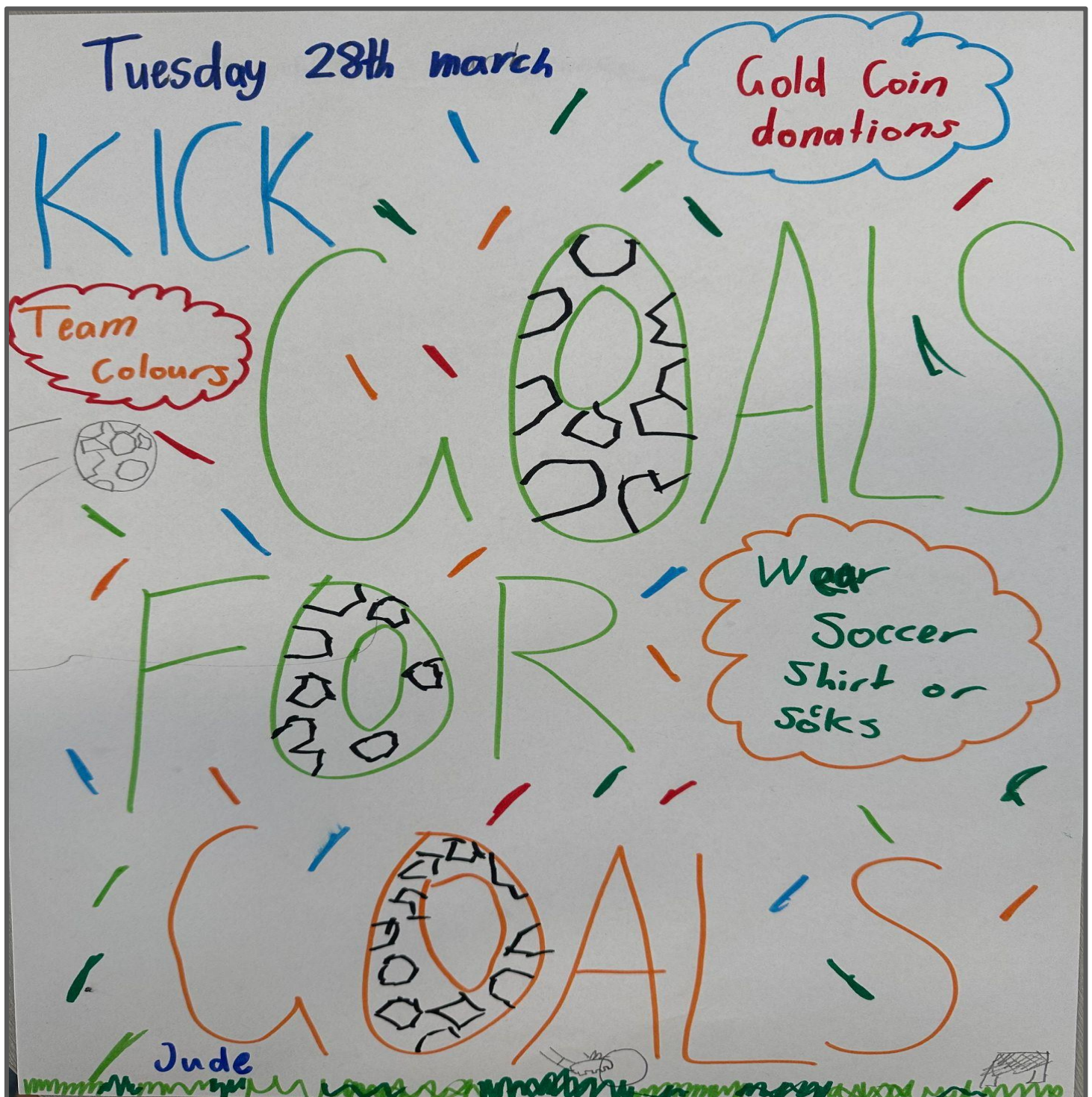
KICK GOALS FOR GOALS

The SRC have been busy planning ways to raise money to purchase some new soccer goals for our school.

They have decided that it would be lots of fun to bring a gold coin donation to school on Tuesday 28th March and wear a soccer shirt, socks or team colours with sports uniform to help promote this wonderful initiative.

Throughout the day, the children will have the opportunity to 'Kick goals for goals' with their class, play a game of soccer or learn some new soccer skills!!! We are very proud of the members of the SRC for organising this fabulous initiative. It is a wonderful example of how we promote student voice in our school!

We look forward to seeing you dressed in your sports uniform with your soccer shirts, socks or colours to help raise money for brand new soccer goals!!



For your Information

2024 KINDERGARTEN ENROLMENTS

Time to apply now!

During Terms One & Two we conduct enrolment tours and encourage families to complete and submit enrolment applications for Kindergarten 2024. Forms are available on our website or from the office.

Please let your friends and neighbours know that now is the time to apply for enrolment.

NO HAT NO PLAY

So please remember to bring your hat everyday to school in Terms One & Four

SPORTS UNIFORM - Week 9

Kindergarten - THURS,FRIDAY

Year One - FRIDAY

Year Two - WED,FRIDAY

Year Three - WED,FRIDAY

Year Four - WED,FRIDAY

Year Five - WED, FRIDAY

Year Six - WED, FRIDAY

Student Mobile Phones

Students are not allowed to keep personal devices in their pockets or school bags. They must hand the devices to the office each morning when they arrive to school and collect them at the end of the school day. Thank you.

Easter Raffle donations due by 31st March 2023.

St Mary's Catholic Primary School

CAFÉ Easter Raffle Donations

Our Café will be holding an Easter Raffle to raise funds to go towards resources for the school.

We ask that each child or family donate an Easter egg or other Easter surprise to the school by Friday the 31st March, to be included in the hampers. Easter Eggs and goodies can be left with the school office.

Raffle tickets books to sell have been sent home soon to families and we ask that you return them prior to Wed 29th March.

The Easter Raffle will be drawn on Thursday 6th April 2023 at 2:15 pm.

ANZAC DAY MARCH -Tuesday 25th April 2023

Each year our school proudly marches behind our school flag in the Orange ANZAC Day March. We are looking forward to our strong tradition of community involvement continuing this year.

All students are invited to meet from 9.40am near Neweys Dry Cleaners on Tuesday 25 APRIL 2023.

School uniform is to be worn. Students are to wear their winter uniform. Students do not need to wear their hats. Children are advised to bring a bottle of water if the weather is warm.

Staff present will assist in assembling the students and our march down Summer Street will commence at approximately 10.00am.

Parents are asked to collect their children immediately after the student march has ended. Students will be assembled in McNamara Lane between the Parkview Hotel and McNamara Street Medical Specialists Centre.

We look forward to, once again, joining with our local community on this important day of recognition.



Request for Scarecrow attire

“A good excuse to clear out your cupboards “

Our school would like to enter a St Mary's School scarecrow in the 2023 Orange Show.

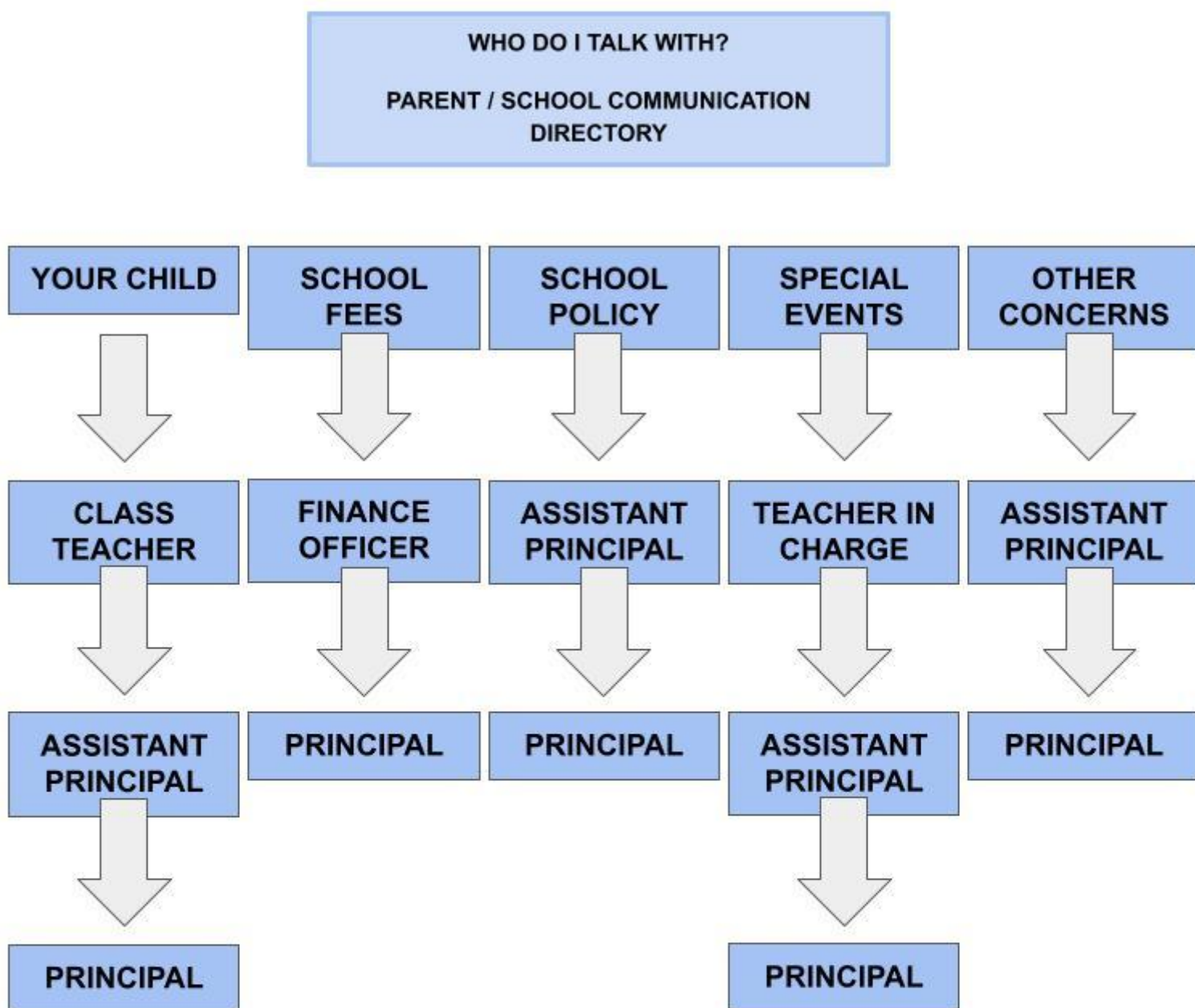
We are asking for any old clothing donations such as hats, boots, gloves , jackets and pants.

Please drop them to the office during week 9.

Thank you for your donations!



CHART OF 1ST CONTACT FOR PARENT COMMUNICATION



PRINCIPAL: Gayle Stratton

ASSISTANT PRINCIPAL: Rachel Cranney

RELIGIOUS EDUCATION COORDINATOR: Nicole Connors

PRIMARY COORDINATOR: Sally Curran

FINANCE OFFICER: Nicole Downey

It is essential to ring and make an appointment with any of the personnel concerned. This will ensure full and undivided attention. 02 63627926

School wide Positive Behaviour for Learning (SPB4L) St Mary's Orange - SCHOOL UNIVERSALS

As learners at St Mary's we are expected to:

BE SAFE

BE RESPECTFUL

BE RESPONSIBLE

The aim of SPB4L at St Mary's, is to actively teach and model positive behavioural expectations through consistent, reasonable and proactive strategies that will foster positive relationships with students, staff and parents.

BE SAFE ❖ We will keep our hands and feet to ourselves ❖ We will follow the rules of the game

BE RESPECTFUL ❖ We will use kind words ❖ We will follow teacher directions

BE RESPONSIBLE ❖ We will include others and play fairly ❖ We will engage in our learning

St Mary's SPB4L Behaviour Matrix

Positive levels

50 points - Bronze Level

150 Points - Silver Level

250 points - Gold Level

350 Points - St Mary's Level



**The Winning House this week :
McNamee**

extra play after lunch on a day next week and they get the privilege of wearing a plain t-shirt in the colour of their house tomorrow.

Please can we ask that t-shirts have no logos or designs.







Playground Management Steps

*Be Safe

*Be Respectful

*Be Responsible

<p>One verbal reminder per break</p> <p>- move to Step 2</p> <p>MINOR</p>	<p>Step 1</p> 	<p>Verbal - Rule Reminder – Any breach</p> <ul style="list-style-type: none"> - Remind - Redirect - Reteach
<p>One Quiet Time session per break</p> <p>- move to Step 3</p> <p>Recess = name on whiteboard</p> <p>MINOR</p>	<p>Step 2</p> 	<p>Quiet Time - On Playground</p> <ul style="list-style-type: none"> - Move to a designated area /walk with the teacher/community service - 5 minutes - At end of time - brief conference, rule reminder and return to playground
<p>One Time Out session per school day</p> <p>-move to Step 4</p> <p>MINOR</p>	<p>Step 3</p> 	<p>Time Out - On Playground</p> <ul style="list-style-type: none"> - Move to a designated area or walk with the teacher - 10-15 minutes (age dependent) - At end of time - brief conference, rule reminder and return to playground - Incident recorded on Compass by teacher involved with - - Notify + Approval checked for Executive - Email sent to parents by teacher informing them of the behaviour breaches
<p>If behaviour continues after 'Time Out' - move to Step 4</p> <p>Ensure incident is recorded on Compass by teacher with Notify + Approval checked for Executive</p> <p>3 Minor Compass breaches in any term = move to Step 4</p>		
<p>Any Major breach begins on Step 4</p>		
<p>MAJOR</p> <p>Step 4</p> 		<p>Time Out with an Executive</p> <ul style="list-style-type: none"> - The student attends a 'Thinking Time' session with Principal or Assistant Principal - Student completes a Reflection Sheet - Student and Executive set goals for positive engagement on the playground - Principal sends formal email to parents informing them of the continued behaviour breaches and goals set to promote positive behaviours - Executive completes Approval on Compass - A meeting with parents, teacher and school executive may be arranged
<p>Continued Behaviour Breaches</p> <ul style="list-style-type: none"> - Removal from lunch and/or recess - Formal email/phone call from Principal to parents informing them of behaviour breaches, requesting immediate meeting - Contract to support the child's positive return to playground - Part/full suspension - In-school/at home 		






Classroom Management Steps

***Be Safe**

***Be Respectful**

***Be Responsible**

<p>2 Verbal reminders in any learning session - move to Step 2</p> <p>MINOR</p>	<p>Step 1</p> 	<p>Verbal - Rule Reminder – Any breach</p> <ul style="list-style-type: none"> - Remind - Redirect - Reteach
<p>After Quiet Time Step 1 is repeated.</p> <p>After 1 Quiet Time move to Step 3</p> <p>MINOR</p>	<p>Step 2</p> 	<p>Quiet Time</p> <ul style="list-style-type: none"> - Move to an alternate space within the classroom - 5 minutes - At end of time - brief conference, rule reminder and return to normal seating
<p>One 'Time Out' session per school day - move to Step 4</p> <p>MINOR</p>	<p>Step 3</p> <p>TIME OUT</p>	<p>Time Out - In a Buddy Classroom OR Time Out in Another Area</p> <ul style="list-style-type: none"> - Student is sent to a designated Buddy Classroom OR Time Out from another activity OR in another area of the classroom/school (ie playground) - 10-15 minutes (age dependent) - If Buddy classroom is used - 'Classroom Behaviour Reflection Sheet' completed by student and teacher - Reflection sheet sent to parents via email - (optional) - Incident recorded on Compass by teacher + Notify + Approval checked for Executive - Student returns to class by polite request, followed by a brief 'conference' and rule reminder with class teacher - Ensure student is aware of the consequence for continued inappropriate behaviour - Class teacher may organise to speak with parents regarding student behaviour
<p>If behaviour continues after 'Time Out' - move to Step 4</p> <p>Ensure incident is recorded on Compass by teacher with Notify + Approval checked for Executive</p> <p>3 Minor Compass breaches in any term = move to Step 4</p>		
<p>Any Major breach begins on Step 4</p>		
<p>MAJOR</p> <p>Step 4</p> 	<p>Time-Out with an Executive</p> <ul style="list-style-type: none"> - Student attends a 'Thinking Time' session with Principal or AP - Student completes a Reflection Sheet - Student and Executive set goals for positive engagement in the classroom - Principal sends formal email to parents informing them of the continued behaviour breaches and goals set to promote positive behaviours - Executive completes Approval on Compass - Meeting with parents, teacher and executive may be arranged 	
<p>Continued Behaviour Breaches</p> <ul style="list-style-type: none"> - Removal from lunch and/or recess - Removal from class for a session/day - Formal email/phone call from Principal to parents informing them of behaviour breaches, requesting immediate meeting - Contract to support the child's return to class and positive engagement Part/full suspension - In-school/at home 		

WHAT TO DO WHEN.....

Your child is absent from school

Parents have seven days **to provide an explanation** please enter into this into the Compass Portal

Your child is going to an appointment during school hours

Parents have to sign the child out of school on the Compass Portal in the front office. Office staff will arrange for your child to meet parents at the office. Parents are not permitted to enter the classroom. A Leave Pass will be issued to the parent taking the child to the appointment.

Your child arrives late to school

Parents are required to escort their child to the front office. Parents are to complete a Late to School Notice on the Compass Portal. The child takes the notice to the class. Parents are not permitted to enter the classroom.

All absenteeism are recorded on the Class Roll which is a legal and binding document. The Principal is only permitted to grant 15 days Leave per year per child. This does not include absenteeism due to sickness. Any child requiring more than 10 days' leave must apply for an exemption through the school office.

You would like to speak with your child teacher

Contact the office staff to request a meeting either face to face or on the phone with your child teacher, please note that meetings will generally be after 3pm .
Counselling requests are organised through Mrs Belmonte.

You have Lost Property

Please label your children belongings clearly and to check the lost property cupboard located behind the admin building.

School fee concessions for Health Care Card and Pensioner Concession Card Holders

The Catholic Education Diocese of Bathurst offer a fee concession to assist low income families experiencing financial hardship.

The new concession is available to eligible Health Care Card (HCC) or Pensioner Concession Card (PCC) holders in 2023.

Eligible families will receive a 30 per cent concession to reduce the Single School Fee and Capital Works Levy.

To be eligible, the parent or carer must hold an eligible and current card and be responsible for the payment of school fees. The HCC or PCC concession is applied after applying the sibling discount.

The parent or carer must also be willing to enter into a regular direct debit payment plan to pay the remaining fees by the end of the year. Should circumstances arise where additional fee relief is needed, the normal fee concession application process is available at your school.

Parent or carers may apply directly to the school for a HCC or PCC concession by completing a simple application form and providing their card with the appropriate code to the school. A small number of cards may not be eligible for the concession.

Bishop Michael McKenna strongly urges families to remember that no child will be denied a Catholic school education due to financial hardship.

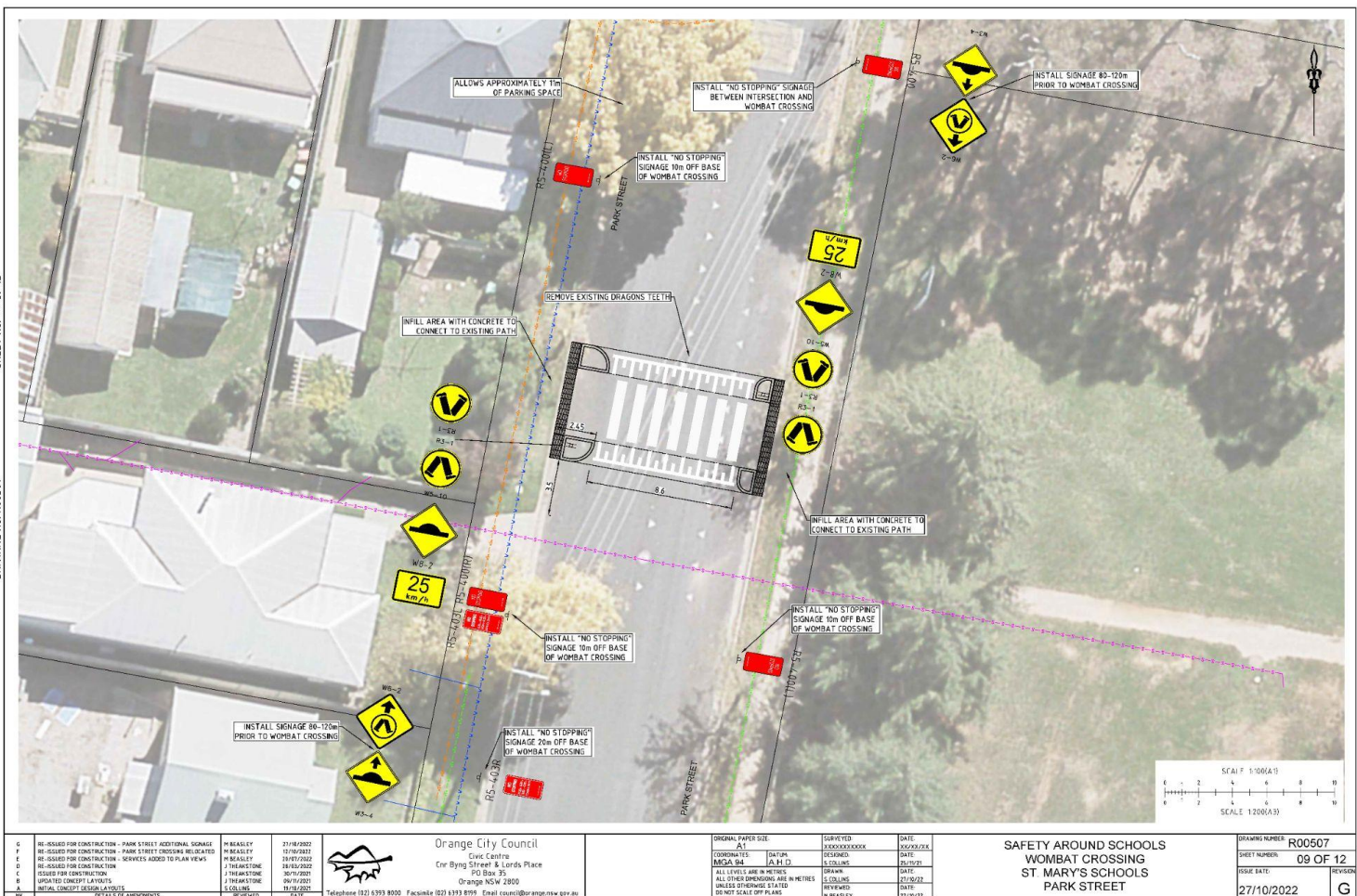
If you are finding it difficult to pay your family's schools fees, please contact your school principal to access assistance.

Bathurst Diocesan Community Sport

Dear Parents,

Keep up to date with sporting events and achievements across the Bathurst Diocese. Search CEBD community sport or use the following link.

<https://sites.google.com/bth.catholic.edu.au/cedbsportcommunity/>





Clinical & Consultation Services

Now offering services to children, young people and families on a fee-for-service basis*.



Therapy and Assessment Services

- Anxiety and Depression
- Behavioural and emotional regulation difficulties
- Autism Spectrum Disorder
- Assessment and management of ADHD
- Developmental trauma
- Family conflict and mediation
- Assessment of cognitive/learning difficulties
- Professional Supervision

Our team of experienced clinicians include:

- Clinical Psychologists
- Registered Psychologists
- Provisional Psychologists
- Senior Practitioner
- Occupational Therapist

Through a foundation of clinical training, professional experience and continued professional development, our clinicians stay up to date with contemporary research and therapies.

*Medicare rebates may be available for eligible services.

1300 011 973

ccsreferrals@veritashouse.org.au
veritashouse.org.au



UNIFORM

Uniform expectations

The school uniform is a distinguishing symbol of belonging to St Mary's Catholic Primary School and it is expected that students wear it with pride at all times. The assistance of parents and staff is sought in maintaining a high standard of dress and presentation by all students.

Students not wearing the correct or incomplete uniform are required to provide a note from a parent or carer giving reasons why and letting us know when the uniform will be corrected.

If students continually choose to wear the incorrect uniform or ignore our dress code a parent meeting will be requested.

Uniforms	Summer	Winter
Sport Uniform Girls and Boys	Navy polo shirt with school logo Navy shorts White socks Joggers	Navy polo shirt with school logo Navy track pants Navy Sports Jumper with logo White socks Joggers
Regular Uniform Girls	Pink checked dress Navy Shorts White Shirt White socks Black shoes	Maroon tunic or trousers Maroon Jumper Fawn long-sleeve shirt School tie Knee-high fawn socks, or fawn tights Black shoes
Regular Uniform Boys	School blue short-sleeve shirt Grey shorts Grey socks Black shoes	Maroon Jumper School blue long sleeve shirt Grey trousers and socks School tie Black shoes
Hat – Navy bucket hat with school logo Black shoes - leather, polishable, classic style, low heel - no black joggers Socks - no sportlet or cutaway styles Shorts - no cargo, corduroy, jeans type, Brand name or polycotton / cotton shorts Trousers - grey poly / viscose serge trousers only		

In addition to the uniform we ask that:

- Students maintain acceptable hairstyles. Extremes of hairstyle are not permitted, including rat's tails, mohawks, coloured hair and haircuts or undercuts less than a 'two 'and stripes etc shaved into their head. Hair gel is to be kept to a minimum. Hair that is collar length or longer is to be tied back with a maroon, brown or dark blue ribbon.
- No coloured tights with the girls dress
- Bracelets, bangles, necklaces or anklets are not worn, with the exception of a religious medal on a fine chain that may be tucked into the uniform.
- One small signet ring is worn.
- Nail polish is not worn.
- One set of earrings is permitted. Plain sleepers or plain studs only.

Students who wear inappropriate accessories will be asked to remove such items, take them to the office and collect them at the end of the day to take home.

Term 1 2023

Calendar of events

Wk	Monday	Tuesday	Wednesday	Thursday	Friday
9	27/3 Parent Teacher Interviews K - Year 6	28/3 SRC Gold Coin fundraiser Wear soccer shirts, socks or their team colours with their sports uniform. <hr/> Parent Teacher Interviews All grades except Year 5.	29/3 Athletics Carnival Years 2 -6 @ James Sheahan ALL DAY Parent Teacher Interviews Year 5 only	30/3 Polding Swimming-Homebush <hr/> All Easter raffle tickets Due back today	31/3 1500m final- track event @ Anzac Park <hr/> K/1 Sports carnival 10am-11:10am BYO Picnic M/Tea K,Yr 1 & 2 Easter hat making 11:40 am-12:30 pm <hr/> Yr 5 Assembly 12:30-Parents welcome
10	3/4 HOLY WEEK	4/4 Holy Week celebration in our school hall Parents welcome 9:05 am-9:30 am	5/4 PSSA Swimming	6/4 PSSA Swimming <hr/> Easter Raffle & Hat parade 2:15pm	7/4 GOOD FRIDAY School Holidays commence

Term 2 2023 Calendar of Events

1	24/4 Staff Development Day - Pupil Free	25/4 ANZAC DAY Public Holiday <u>Anzac March from Sale st 9:40am</u>	26/4 Return to school Winter Uniform	27/4	28/4
2	1/5 Catholic Schools week	2/5	3/5 HIT FM onsite 9-12 Yr 2 Excursion Milthorpe	4/5	5/5 Yr 3 Excursion- The Twits

2023 NSW School Term information

Term 1 2023	Tuesday 31st January 2023	Finish Thursday 6th April 2023
Term 2 2023	Wednesday 26th April 2023 (Monday 24 April is a Pupil Free Day)	Finish 30th June 2023
Term 3 2023	Wednesday 19th July 2023 (Monday 17th and Tuesday 18th are Pupil free Days)	Finish 22nd September 2023
Term 4 2023	Monday 9th October 2023	Finish 15th December 2023

IMPORTANT INFORMATION

Dear Parents/Carers,

We have had a confirmed case of Chickenpox & Impetigo (school Sores) at St Mary's Primary School in Infants .

Please see the information below

Chicken Pox

Chickenpox begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.

The rash usually begins as small lumps that turn into blisters and then scabs.

The rash appears over three to four days. At any one time, the lesions of the rash vary in stages of development.

Symptoms usually occur two weeks after exposure to the virus.

Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain.

Rarely, the infection can be fatal.

Impetigo - School Sores

Impetigo (school sores) is a highly contagious type of skin infection caused by Staphylococcus or Streptococcus bacteria.

The infection is characterised by inflamed blisters that pop, weep and form crusts. Treatment options include antibiotic cream, ointment, antibiotic syrup or tablets.

A child with impetigo should be kept home from school until appropriate treatment has begun and the sores on exposed areas are covered with a waterproof dressing and where necessary a crepe bandage.

Practice good personal hygiene.

If you have any concerns at all please consult with your doctor

PLEASE HELP US STAY WELL AT SCHOOL

HAND HYGIENE

Hand Hygiene is one very effective way to control the spread of infection and germs. Always wash your hands with soap and water, or using an alcohol based hand rub.

By excluding **ONE** ill person, you can protect many other people from becoming ill.

DIARRHOEA

Exclude until there has not been a loose bowel movement for 48 hours.

HEAD LICE

The child will need to be sent home immediately if head lice are detected. Not excluded if effective treatment begins before the next day at the education or care service.

CONJUNCTIVITIS

Exclude until discharge from the eyes has stopped, unless a Doctor has diagnosed non-infectious Conjunctivitis

COLDS & FLU

Exclude until person is well.

Many viruses have similar symptoms, including gastro and COVID-19. If your child is unwell you must keep them home and get them to take a rapid antigen or PCR test to make sure they don't have COVID-19.

Gastro normally begins with vomiting. Children then develop frequent diarrhoea. Often children may have tummy pain and fever, some children may have a runny nose, or a sore throat (usually caused by vomiting or dehydration).

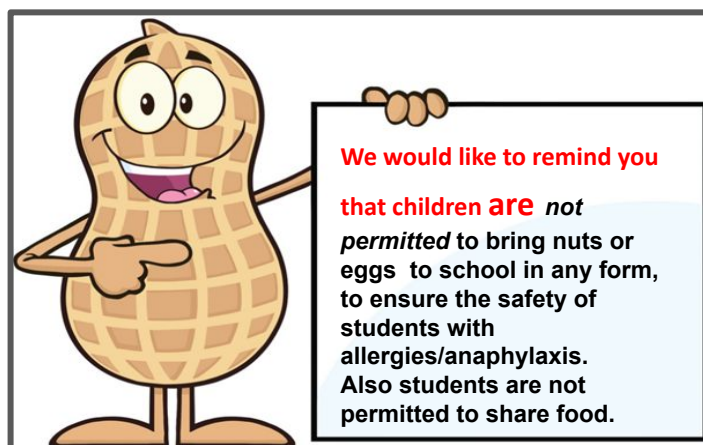
VOMITING

Exclude until there has been no vomiting for 48 hours

HAND FOOT & MOUTH DISEASE

Exclude until all blisters have dried.

Information from National Health & Medical Research Council



Athletics Carnival Canteen CaFe



The CaFe group will be selling tea/coffee (for the adults) and baked goods for all at the Athletics Carnival.

If you are able to donate a container of baked goodies to sell on the day could you please drop them to the school office on the morning of the carnival.

The children can bring some money to purchase a treat from the canteen.

Catholic Diocese of Bathurst Holy Week and Easter Art Exhibition and Competition

11am 27 March 2023
Awards Ceremony
Holy Family Church Kelso

27 to 30 March 2023
Exhibition
Merrick Hall
CEDB, 225 Gilmour Street Kelso



It's so easy!

- 1) Go to www.flexischools.com.au
- 2) Click "Register Now" to create account
- 3) Top-up your balance
- 4) Start ordering immediately

How do I order my child's lunch?

Please download the Flexischools App
or sign in on your computer.

In order to search for

St Mary's Catholic Primary School - Orange,
please search the word "Orange" because there are many
St Mary's Schools.

Load your Flexischools account for regular lunch purchases.

How do I order my child's uniform?

Please order uniform through Flexischools. The uniform order will
be packed on the Friday morning by Parent Volunteers and it will
be sent home with your child Friday afternoon.

For second hand clothing, please place an order with the office
staff and the Volunteers will do their best to fill the order and we
only ask for a donation to the school.



St Mary's Canteen News



CANTEEN OPEN TUESDAY - FRIDAY

Please use the IOU service on Flexischools, pay eftpos or cash at the office for any outstanding payments.

The Flexischools app outage in week 6 put us all in a spin! The office has the full list of what is owed along with the notes sent home along with late lunch orders throughout the term.

NEW SERVICE IOU



1 choose the IOU Service instead of Lunch to make a payment. Choose the next business day to make the payment

2 That will take you to this menu

3 use the payment amounts to total the amount owing



Orders due at 9am by the flexischool app



**SUSHI SUCCESS
THANKS TO OUR
VOLUNTEERS!**





reusable lunch bags back in stock!

Decrease our paper waste.

Send it in when you have a lunch order and it will be filled with the lunch order.

Easy to see in the class lunch tub!

print free labels for your reusable lunch bag

Order on flexischools with your next lunch order

CAN YOU HELP?
Friday 31st March

Term 1 2023 Volunteer Calendar					
week	Monday	Tuesday	Wednesday	Thursday	Friday
8	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar
		Yvette	Mel S	Mel B	Kel
		Helen		Lizzy	
				Michaela	
9	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar
		Mel B	Helen	Lizzy	
		Yvette			
10	3-Apr	4-Apr	5-Apr	6-Apr	7-Apr
		Mel B	Helen	Lizzy	Public Holiday
		Yvette		Michaela	

GET IN TOUCH WITH ME VIA THE OFFICE TO BE PART OF THE CANTEEN CREW.

St Mary's Canteen Summer Menu

Snacks

available at recess for cash sales

Carrot Sticks (6) (GF, DF) cut everyday	20c
Rice Crackers (GF) 4 rice crackers	20c
Popcorn (GF, DF) air popped at the canteen, plain	50c
Cheese & Crackers (GF) 4 rice crackers with 4 cheese squares	60c
Jelly Cup (GF, DF) made onsite with 99% fruit juice	\$1
Custard Cup (GF)	\$1
Jelly & Custard Cup (GF)	\$1
Fruit Cup (GF, DF) diced seasonal fruit	\$1
Quelch Ice Block (GF, DF)	80c

Burgers

Made with fresh white rolls

Beef & Cheese Burger Beef patty, cheese and tomato sauce	\$4.50
Salad & Beef Burger Beef, cheese, lettuce, tomato, cucumber with Burger sauce	\$5.50
Chicken Burger Flame grilled chicken with lettuce and mayo	\$4.50
Cheesy Chicken Burger Flame grilled chicken with Cheese	\$4.50
Summer Salad Chicken Burger Flame grilled Chicken, cheese, lettuce, tomato, cucumber & Mayo	\$5.50

GLUTEN FREE BURGER OPTIONS
AVAILABLE ONLINE

Sandwiches

Made with fresh wholemeal Bread

Gluten Free available (+ 50c)

Vegemite or Jam	\$2.50
Cheese	\$3
Ham	\$3.20
Ham & Cheese	\$3.80
Chicken (Mayo optional)	\$3.20
Chicken & Lettuce (Mayo optional)	\$3.80
Salad Lettuce, carrot, cucumber, tomato (Mayo optional)	\$4.20
Cheese & Salad Cheese, lettuce, carrot, cucumber, tomato (Mayo optional)	\$4.80
Ham & Salad Ham, lettuce, carrot, cucumber, tomato (Mayo optional)	\$5
Ham, Cheese & Salad Ham, Cheese, lettuce, carrot, cucumber, tomato (Mayo optional)	\$5.20
Chicken & Salad Chicken, lettuce, carrot, cucumber, tomato (Mayo optional)	\$5

Drinks

available at recess for cash sales

Bottled Water (GF, DF)	\$1
Just Juice (GF, DF) Apple, Apple & Blackcurrant, or Paradise Punch	\$2
Plain Milk (GF)	\$2
Big M Flavoured Milk (300ml) Strawberry or Chocolate (GF)	\$3

Hot Food

Pizza Scroll ham, cheese with a tomato pizza sauce made in the canteen	\$3.50
Chickalicious Bombs (GF, DF) 5 Chicken balls, made in the canteen Choose your sauce tomato or BBQ	\$4
Penne Bolognese (DF) canteen made beef bolognese served on penne pasta Gluten Free available	\$4.50
Chooky Fried Rice (GF, DF) fried rice with chicken, ham and veg	\$4.50

Salads

Tossed Garden Salad (GF) Seasonal salad full of colour, lettuce, tomato, cucumber, carrot, capsicum	\$4
Mayo, Italian or French dressing	30c
Salad Box (GF) Tiny toms, carrot, cheese, beetroot, pineapple ring & cucumber. Colourful & fun finger food	\$4
Salad Box with shaved ham	\$5
Salad Box with chicken	\$5
Salad Cup (GF) Snack size salad box served in a cup	\$2

Wraps

Ham, Cheese & Salad Ham, cheese, tomato, lettuce, carrot, cucumber	\$5
Chicken & Salad Chicken, lettuce, carrot, cucumber, tomato Mayo optional	\$5
Salad lettuce, carrot, tomato, cucumber Cheese & Mayo optional	\$4.50

Toasties

Made with fresh wholemeal Bread

Gluten Free available (+ 50c)

Cheese	\$3.50
Ham	\$4
Ham & Cheese	\$4.20
Ham, Cheese & Tomato	\$4.50
Chicken & Cheese (sauce optional)	\$4.20



GF Gluten Free
DF Dairy Free
All nut & egg Free

All meals made by the canteen

Nurturing
WITHIN OUR SCHOOL ENVIRONMENT
by preparing fresh food
avoiding harmful additives

Complete your order via flexischools by 9.30am

Reusable lunch bags available on flexischools

NEWSPAPER



WIN! WIN! WIN!

\$500 BUNNY BUCKS VOUCHER

As Easter is approaching, we would like to invite children between the ages of 4 and 7 years old and children between the ages of 8 and 12 years old to participate in our 'Colour to Win' colouring competition. Your students could win and so could their school - YOUR SCHOOL!

Each student can enter the competition at their Newpower Newsagency. Each participating Newpower store has two Rascal the Rabbit prizes to be won, but it gets even better!

Both store winners will automatically enter the National competition, where they have the chance to win a \$100.00 Bunny Bucks voucher*.

Plus if one of your students is the National winner in either the Infants or Primary category, your school will win a Bunny Bucks voucher* to the value of \$500.00.

[Download Entry Form Here](#)

We look forward to seeing your budding artists work of art in Newpower stores.