



# St Patrick's School

Ovens St, Wangaratta, Vic 3677 Phone: (03) 5721 5795

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St Patrick's Primary School, Wangaratta, would like to acknowledge the Yorta Yorta Nation, whose clans include Bangerang (Pangerang) Kaitheban, Wollithiga, Moira, Ulupna, Kwat Kwat, Yalaba Yalaba and Ngurai-illiam-wurrung, as the Traditional

Custodians of the land on which our school is situated.

This school supports the CHILD Safe Standards (Ministerial Order 870) and actively seeks to ensure that all students are kept safe from all forms of harm at all times.

## ST. PATRICK'S SCHOOL NEWSLETTER

15<sup>th</sup> February 2023



*How can a blind man begin to see again?*

*How can a spiritual blind person see God?*

*Who can give us eyes to see, ears to hear, and hearts to understand?*

*Today's Gospel talks to us of how God is always with us,  
but sometimes it can be difficult to see God's presence.*

*As I see how God opens my eyes gently, I ask for the faith and hope I need to  
continue to trust in God's goodness.*

## Beginning of the Year Mass Photos

Last Friday we gathered as a community to celebrate our beginning of the year Mass.

Our Foundation and their Year six buddies gave each other a special blessing to reflect the beginning of their new journey together. Our year sixes were also recognised as the leaders of our school community as they received their badges and were blessed by Fr Nathan.

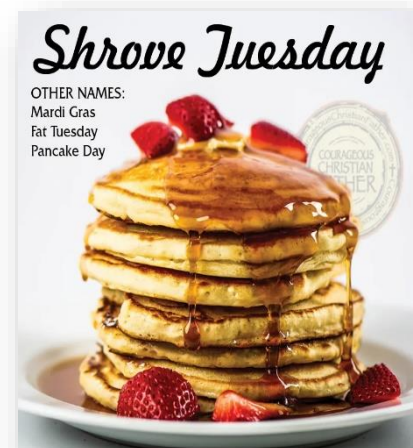
The singing was something to behold as the Catholic Education Office informed us that they could hear our beautiful voices. Thank you to all those who assisted in making this such a wonderful start to the year.



## Shrove Tuesday/Pancake Tuesday

In preparation for the liturgical season of Lent and the Launching of Project Compassion theme, **'FOR ALL FUTURE GENERATIONS'**, we will be holding a Pancake Breakfast on Tuesday 21<sup>st</sup> February at 8.00am.

Pancakes with an assortment of toppings, fruit and juice will be supplied for a gold coin donation. All funds will be donated to CARITAS. We hope to see you there.



## Kaboom Invitation Family Fun Twilight sports

St Pat's will be holding a fun Twilight Sports evening from 5.00pm - 7.30pm on Tuesday 7th March. Kaboom will be running the event. More details to follow soon.



## Parents and Friends



### ALL WELCOME!

Please join us in the staff room on the 20<sup>th</sup> February at 5.30pm for our first Parents and Friends meeting. We will discuss fundraisers for the year. A great opportunity to meet new people and be involved in our School Community.

## Additional Pupil Free Day - Friday June 9th

MARK YOUR  
CALENDAR

Please note that a Pupil Free day was left off the list in the parent handbook. Please mark Friday 9th June in your calendars. This is a staff Curriculum Professional Development Day.

## Asthma/Anaphylaxis/ Allergy Update

Families of students who have medical conditions must provide the school with an up-to-date Medical Plan and appropriate medication with a valid use by date. If this applies to your child, please send forms and medication to the school as soon as possible.



## Uniform



While St Patrick's allows students to wear black runners as school shoes as an option to traditional school shoes, these must be completely black. Different coloured soles, laces, logos or patterns are not permitted on school shoes. Student's runners may have colour variations when wearing sport uniforms only. Sports uniform is only to be worn on sport or PE days.

## 'Waste Away' School

St Patrick's School cares about the future of our environment and the legacy we are leaving our children. One way we are committed to supporting this is to **reduce** our food wrappings in our lunch boxes. Families are asked to consider **reusable** containers instead of one-use disposable plastics. Students will be asked to place disposable wrappings back in their lunch boxes to take home.



Food scraps such as apple cores, banana peels etc will continue to be collected at school as these are **recycled** as pig food for a local business.

# Zooper Doopers

Zooper Doopers will be sold at recess on **Fridays** for 50 cents each. All funds raised go to Caritas.



# YMCA - Change of Contact Details

To contact the YMCA After School Care Program please use the following:

Email: [StPatricksWangaratta@ymca.org.au](mailto:StPatricksWangaratta@ymca.org.au)

Phone: **0477449997** - Annette Monshing – ASC Co-ordinator

# Parent Access Module (PAM)

St Pat's is using the Parent Access Module (PAM) more and more as a form of communication to parents. Brief messages to inform families of school events will be sent to mobile phones and permission notes will be able to be approved online. If you have any difficulty accessing PAM or completing online forms, please contact the school.



**LOG INTO PAM**

Please check your spam folder for any notification.

# Facebook



Another way to keep in touch is to follow our Facebook page. Just search St Patrick's Primary School Wangaratta to find us.

# Mass Times

- \* Saturday 4.00pm Our Lady's
- \* Saturday 6.00pm St Patrick's
- \* Sunday 8.00am St Patrick's
- \* Sunday 9.00am Our Lady's
- \* Sunday 10.30am St Patrick's
- \* Sunday 5.00pm St Patrick's
- \* Sunday 10.00am Moyhu
- \* Sunday 10.00am Whitfield (1st Sunday)



**CATHOLIC PARISHES**  
*OF*  
**WANGARATTA**

<https://catholicwangaratta.wixsite.com/wangaratta>

*Gabby*

# DATES TO REMEMBER

February	16 <sup>th</sup>	-	5.30pm Advisory Council Meeting
	21 <sup>st</sup>	-	8.00am Pancake Day Breakfast
	22 <sup>nd</sup>	-	Ash Wednesday
	22 <sup>nd</sup>	-	Foundation Rest Day
March	1 <sup>st</sup>	-	Foundation Rest Day
	7 <sup>th</sup>	-	5.00pm – 7.30pm Kaboom Twilight sports
	8 <sup>th</sup>	-	Foundation Rest Day
	10 <sup>th</sup>	-	School Photos
	13 <sup>th</sup>	-	Labour Day Public Holiday
	17 <sup>th</sup>	-	St Patrick's Day Mass & Celebration
	23 <sup>rd</sup>	-	5.30pm Advisory Council Meeting
April	5 <sup>th</sup>	-	WEDNESDAY 3.30pm End of Term 1
	6 <sup>th</sup>	-	PUPIL FREE DAY
	7 <sup>th</sup>	-	Good Friday
	24 <sup>th</sup>	-	9.00am Term 2 Commences
	25 <sup>th</sup>	-	ANZAC Day PUBLIC HOLIDAY
May	11 <sup>th</sup>	-	5.30pm Advisory Council Meeting
June	9 <sup>th</sup>	-	PUPIL FREE DAY
	12 <sup>th</sup>	-	King's Birthday HOLIDAY
	15 <sup>th</sup>	-	5.30pm Advisory Council Meeting
	23 <sup>rd</sup>	-	2.30pm End of Term 2
August	31 <sup>st</sup>	-	5.30pm Advisory Council Meeting
October	19 <sup>th</sup>	-	5.30pm Advisory Council Meeting

## **Pancake Day – Tuesday 21<sup>st</sup> February**

Tuesday, 21<sup>st</sup> February is Pancake Day. As we usually do, we will be holding a Pancake breakfast (pancakes and toppings, fruit and juice.) A gold coin donation is all that is required. Parents are very welcome!



# PAT ON THE BACK

<b>Foundation</b> Mrs Patterson	Congratulations to <b>JACK CHYNOWETH</b> for the willingness he displays in helping others in the classroom. Thank you, Jack!
<b>Foundation</b> Miss Box	Congratulations to <b>ALEXANDER DOUANGPHOSAY</b> for the eager approach he has to his learning. Alexander applies himself to all learning tasks and always tries his very best. Well done Alex!
<b>Year 1/2</b> Mrs Nicoll	Congratulations to <b>OSCAR REID</b> for consistently displaying a positive mindset and active participation towards his learning. Oscar is an excellent role model to his peers. Keep up the great work, Oscar!
<b>Year 1/2</b> Mr McDonald	Congratulations to <b>TOMMASO ARCURI</b> for exhibiting a positive and enthusiastic attitude and demonstrating a commitment to always do his very best. Well done Tommaso!
<b>Year 1/2</b> Mrs Bray	Congratulations to <b>GRACE KEANE &amp; MOLLY KENNETT</b> for working well as a team when organising their materials and clearly presenting their understanding to solve a mathematical problem. Well done, girls!
<b>Year 1/2</b> Ms Carnovale	Congratulations to <b>ELI CASSIDY</b> for consistently displaying a positive attitude towards his learning. Eli is an excellent role model to his peers by demonstrating leadership skills and showing kindness towards his peers. Keep up the amazing work Eli!
<b>Year 3/4</b> Ms Bordignon	Congratulations to <b>WILL HERNAN</b> for settling confidently into a new school and consistently displaying a positive and enthusiastic attitude toward his learning. Well done Will!
<b>Year 3/4</b> Ms Sirianni	Congratulations to <b>HELENA MALCOLM</b> for demonstrating a positive work ethic by showing enthusiasm and a can-do attitude towards her classwork. Well done Helena!
<b>Year 3/4</b> Mrs Rizzo	Congratulations to <b>RAFF LYSTER</b> for the excellent work ethic he displays towards his learning. He demonstrates great leadership skills, uses his initiative to challenge himself and offers support towards his peers and Mrs Rizzo. Thank you Raff, keep it up!
<b>Year 5/6</b> Miss Whitehead	A big pat on the back to <b>SCARLETT DALTON</b> for the wonderful way she demonstrates a positive mindset when attempting all learning tasks. Scarlett consistently challenges herself with her learning. Keep up the great work!
<b>Year 5/6</b> Mr Boyd	Congratulations to <b>RYDER AHMAT-CHURCH</b> for an excellent start to the year by demonstrating great enthusiasm, resilience and perseverance, inside and outside the classroom. Well done Ryder!
<b>Year 5/6</b> Mrs Cassidy	Congratulations to <b>BRENT LESTINO</b> for displaying a positive mindset and challenging himself, consistently working at a high standard. Keep up the great work Brent.
<b>Year 5/6</b> Mrs Ackerly	Congratulations to <b>LILY REID</b> for the outstanding effort she puts into her learning. Lily has worked so hard to achieve some great results. Well done Lily!

WANGARATTA  
marathon & fun  
Chronicle RUN GARRY NASH & CO. REAL ESTATE  
EST. 1981

Sunday 19 March 2023  
Total cash prize pool of over \$5000 plus trophies and gift packs

ENTER NOW For further information and to register go to [wangarattamarathon.com.au](http://wangarattamarathon.com.au)

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RJSanderson & ASSOCIATES PTY LTD PUBLIC ACCOUNTANTS  
Wangaratta Engineering  
WANGARATTA MOTOR GROUP BENALLA  
Merriwa  
Charity Partner: The Athlete's Foot, Wangaratta  
Supporting Partner: Lions Club, Aulsebrook, Fruit, etc.

MARATHON  
HALF MARATHON  
10KM  
5KM  
2KM PRIMARY SCHOOL CHALLENGE

nab AFL Auskick  
JOIN THE FUN!  
Find your closest centre today.  
[play.afl/auskick](http://play.afl/auskick)

## PROTECT YOUR BIKE AGAINST THEFT

Wangaratta Police would like to remind bicycle owners of an increase in the thefts of bikes in the Wangaratta area recently, especially high-quality mountain bikes.

Bikes are stolen from garages, back yards, front yards, porches, railway stations, parks, schools – basically anywhere. **LOOK AFTER YOUR BIKE.** Listed are some simple steps to protect your bike from being stolen.

- Always lock up your bike and keep it out of sight in the garage or shed.
- Don't leave it unlocked outside shops. Lock it to bike racks or a fixed object.
- Reduce temptation. Remove accessories from the bike such as lights, pumps and bike computers.
- Always secure your bike by placing a chain through the front wheel and frame or if possible, through both wheels and then around a fixed object.
- Always use a quality hardened chain and padlock or a purpose-built bike lock.
- Always secure your bike when on holidays particularly when at caravan parks, camping locations or other holiday destinations.
- Engrave your bike with your parent's driver's licence preceded by the letter "V" to enable police to return it to you if recovered.
- Record a good description of your bike including Serial numbers, colour, size, brand, type etc and provide it to police if your bike is stolen.

Majority of bikes stolen were left unsecured at home in sight of pedestrian traffic or in public areas, shops and fast-food outlets.

## Be a Chorister for a Day, 10.00am-11.30am Saturday 25 February 2023

The Holy Trinity Cathedral Choristers is a youth choir for children in local schools. We offer music education through the Royal School of Church Music *Voice for Life* program. The Choristers is a great way for children from different schools to work together and make friends while performing great music during the school term.

Be a Chorister for a Day is a great way to come and find out about the Holy Trinity Cathedral Choristers, what it involves, and how you might enjoy it while reaping wider benefits in literacy and maths. Entry is open to children from grade 3 upwards.

To register please visit: <https://beachorister.eventbrite.com.au>

Enquiries to the Director of Music, Kieran Crichton: (03) 5721 3719

Many thanks in hope!

Kieran Crichton **Play By Heart Music** +61 407 816 321

[www.playbyheartmusic.com](http://www.playbyheartmusic.com)

[www.facebook.com/playbyheartmusic](https://www.facebook.com/playbyheartmusic)





## What are Mental Health and Wellbeing Locals?

Your Mental Health and Wellbeing Local is a new service that will offer immediate mental health and wellbeing support whenever you need it.

Local Services will be the front door to your mental health and wellbeing support, and they are available for anyone who needs support with their mental health. It is free, easy to access and located in your community.

We believe anyone needing help should be able to access straight-forward continued support. We'll be with you throughout your journey.

For free mental health and wellbeing support in the Benalla, Wangaratta and Mansfield Shire, call **1800 000 842** or visit [betterhealth.vic.gov.au/mhwlocal](http://betterhealth.vic.gov.au/mhwlocal)



The Benalla, Wangaratta and Mansfield Mental Health and Wellbeing Local services are delivered by Wellways in partnership with Albury Wodonga Health and Australian Community Support Organisation.



The Benalla, Wangaratta and Mansfield Mental Health and Wellbeing Local respectfully acknowledges the traditional custodians of the lands and waters of Australia.

We are committed to inclusive communities and the contribution of lived experience in mental health.

# Mental Health and Wellbeing Locals

Welcome, we are open for everyone.





## Who are the Mental Health and Wellbeing Locals for?

The Mental Health and Wellbeing Local is for:

- Anyone living in and around the Benalla, Wangaratta and Mansfield area
- Anyone aged 26 years of age or older.
- Anyone experiencing distress, mental health wellbeing or alcohol and other drug concerns.
- Anyone who needs more support than they can get from their usual doctor but do not need hospital services.

## What services are on offer right now?

Right now we are able to provide one-on-one wellbeing support and advice through our Wellbeing Navigators and Peer Workers, who will help you explore the services and supports that are right for you.

We will gradually start providing more services and expect to have fully operational services and supports 7 days a week by mid-2023.

## What can I expect now and in the future?

You can expect to be asked 'how can we help?' We are here to listen. Everyone has their own story, and we want to hear yours.

We are a safe, inclusive, and welcoming service. You can expect your cultural and personal needs to always be respected.

You will be able to decide what you need on your recovery journey, including:

- Peer support
- Focused therapies
- Alcohol and drug treatments and supports
- Psychiatry
- Educational group supports
- Occupational therapy
- Home safety support
- Creative therapies
- Health and diet advice

You will talk to a mental health worker (this may be in person, online or over the phone.)

This worker will focus on listening and understanding your concerns so they can offer the right support.

You may wish for your family, carers and friends to be a part of your support and recovery, and we can help you bring them on your journey.

## Is support available for carers, families and friends of people experiencing mental illness?

Yes. We understand mental health and addiction can impact the lives surrounding an individual who is experiencing concern and distress.

Whether you would like to receive support in your caring role, or for your own mental health needs. You will be able to get the support and advice you need when you need it.

## How can I get help?

For free support in the Benalla, Wangaratta and Mansfield area call **1800 000 842** Monday–Friday, 9am to 5pm or visit [betterhealth.vic.gov.au/mhwlocal](https://betterhealth.vic.gov.au/mhwlocal)

Mental Health and Wellbeing Locals are not a crisis service for people experiencing acute distress.

In an emergency which is life-threatening or where there is immediate risk of serious harm to anyone, call Triple Zero (000). If you are not sure if it is an emergency, call Triple Zero or contact your local hospitals and speak to the psychiatric access and triage team.

Local services are not open 24 hours.

For 24-hour crisis support, please call Lifeline on 13 11 14

You can also text 0477 13 11 14

**While children are at school many families will have contact with head lice. The information contained here will help you treat and control head lice.**

## Catching head lice

Head lice have been around for many thousands of years. Anyone can get head lice.

Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly (usually within 24 hours).

People get head lice from direct hair to hair contact with another person who has head lice. This can happen when people play, cuddle or work closely together.

Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

## Finding head lice

Many lice do not cause an itch, so you have to **look carefully to find them**.

Head lice are found on the hair itself and move to the scalp to feed. They have six legs which end in a claw and they rarely fall from the head. Louse eggs (also called nits) are laid within 1.5 cm of the scalp and are firmly attached to the hair. They resemble dandruff, but can't be brushed off.

Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps:

- Step 1** Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.
- Step 2** Now comb sections of the hair with a fine tooth, head lice comb.
- Step 3** Wipe the conditioner from the comb onto a paper towel or tissue.
- Step 4** Look on the tissue and on the comb for lice and eggs.
- Step 5** Repeat the combing for every part of the head at least four or five times.

If lice or eggs are found, the hair should be treated.

If the person has been treated recently and you only find empty hatched eggs, you may not have to treat, as the empty eggs could be from a previous episode.

## Treating head lice

Treating head lice involves removing lice and eggs from the hair. There are two ways you can do this:

1. Buying and using a head lice lotion or shampoo, following the instructions on the product
2. Using the conditioner and comb method (described under 'finding head lice') every second day until there have been no live lice found for ten days.

If you choose to use a head lice product always read and follow the instructions provided with the product carefully. The following points may also be helpful:

- Head lice products must be applied to all parts of the hair and scalp.
- No treatment kills all of the eggs so treatment must involve two applications, seven days apart. The first treatment kills all lice; the second treatment kills the lice that may have hatched from eggs not killed by the first treatment.
- Cover the person's eyes while the treatment is being applied. A towel is a good way to do this.
- If you are using a lotion, apply the product to dry hair.
- If you are using a shampoo, wet the hair, but use the least amount of water possible.
- Apply the treatment near the scalp, using an ordinary comb to cover the hair from root to tip. Repeat this several times until all the hair is covered.

There is no need to treat the whole family - unless they also have head lice.

Concentrate on the head - there is no need to clean the house or the classroom.

Only the pillowcase requires washing - either wash it in hot water (at least 60°C) or dry it using a clothes dryer on the hot or warm setting.

## Testing resistance

Head lice products belong in one of the following categories depending on the active compound they contain:

- pyrethrins
- synthetic pyrethroids (permethrin, bioallethrin)
- organophosphates (maldison or malathion)
- herbal with or without natural (non-chemical) pyrethrins.

Insecticide resistance is common, so you should test if lice are dead. If they are, treat again in seven days using the same product. If the lice are not dead, the treatment has not worked and the lice may be resistant to the product and all products containing the same active compound. Wash off the product and treat as soon as possible using a product containing a different active compound. If the insecticide has worked, the lice will be dead within 20 minutes.

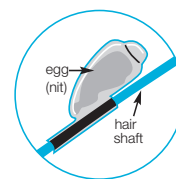
Any head lice product could cause a reaction and should be used with care by women who are pregnant or breastfeeding, children less than 12 months old and people with allergies, asthma or open wounds on the scalp. If you are unsure, please check with your pharmacist or doctor.

## Head lice combs

Combs with long, rounded stainless steel teeth positioned very close together have been shown to be the most effective, however, any head lice comb can be used.

## Head lice eggs

Head lice eggs are small (the size of a pinhead) and oval. A live egg will 'pop' when squashed between fingernails.



Dead eggs have crumpled sides and hatched eggs look like tiny boiled eggs with their tops cut off.

## Regulations

According to the Public Health and Wellbeing Regulations 2009, children with head lice can be readmitted to school or children's service centres after treatment has commenced.

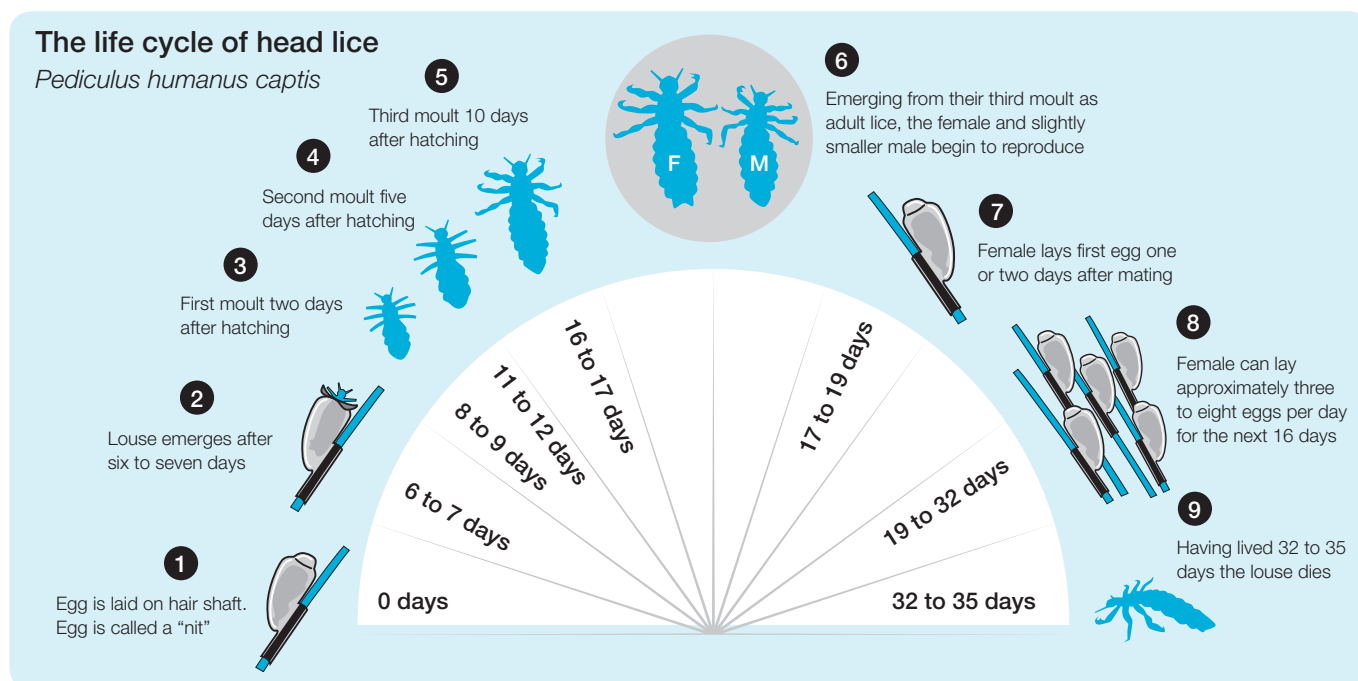
The department recommends a child with head lice can be treated one evening and return to school or children's service centres the next day, even if there are still some eggs present. There is no need to miss school or child care because of head lice.

## Preventing head lice

Check your child's head regularly with comb and conditioner. There is no research to prove that chemical or herbal therapies can prevent head lice.

## Further information

The following website offers further information:  
[www.health.vic.gov.au/headlice](http://www.health.vic.gov.au/headlice)



The information in this pamphlet is based on the research conducted and written by Associate Professor Rick Speare and the team of researchers at, School of Public Health and Tropical Medicine, James Cook University.

Cover concept by students from St Patrick's Primary School, West Geelong. Life cycle diagram courtesy of Nitpickers Qld.  
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