

# Newsletter

## Mary MacKillop Memorial School

Term 1 Week 4

Friday, 21 February 2025

Reception to Year 6 Co-Educational Catholic Primary School

5 Portland Street, Penola SA 5277

Telephone: (08) 8737 2902 [www.mmms.catholic.edu.au](http://www.mmms.catholic.edu.au)



*Inspired by Hope*

## Class News

### UPCOMING DATES

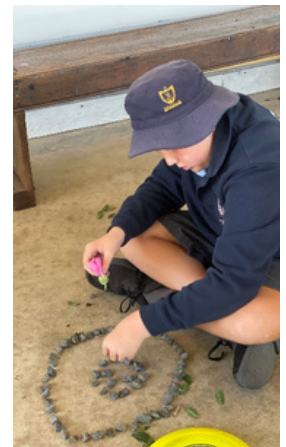
#### February

- 24 Occasional Care
- 25 Occasional Care  
Year 6 Class Mass @ 9.15am  
Year R/1 Liturgy @ 10.30am
- 28 Clean Up Australia Day  
Playgroup  
Assembly Yr 6

#### March

- 3 Occasional Care
- 4 Occasional Care  
Shrove Tuesday
- 5 Ash Wednesday 9.15am Mass
- 6 Caritas K Day
- 7 SAPSASA Swimming Trials  
Playgroup  
Assembly R/1
- 10 Adelaide Cup Public Holiday
- 11 Staff Professional Learning Day  
Occasional Care
- 12 NAPLAN Testing Window Starts
- 14 Playgroup  
School Board Community  
Picnic/BBQ.
- 17 Occasional Care  
St Patrick's Day
- 18 Occasional Care  
Southeast Parenting Conference  
SAPSASA District Athletics Day  
(Millicent)
- 19 St Joseph Feast Day Mass  
9:15am
- 20 Harmony Day

In our Year 6 class, students have been engaging in a hands-on Project-Based Learning experience that connects creativity with God's creation and the importance of stewardship. As part of this project, they explored the beauty and order found in nature, reflecting on how God's handiwork is evident in the world around us. They then designed and constructed their own nature mandalas using natural materials such as sticks, leaves, bark, and other found objects. Through this process, students gained a deeper appreciation for the gifts of creation and the responsibility we have to care for and protect the environment.



**RAISING HEARTS  
AND MINDS**

*go with strength and courage*



# From the principal

## Dear Parents and Friends of Mary MacKillop Memorial School

As we venture into Week 5 at the beginning of next week, it is extremely exciting to see and hear the rigorous teaching and learning happening in each room.

The R/1s are on their InitialLit journey and have been for a few weeks now. They have been counting collections in Maths and finding the most efficient way to do this.

The Year 2/3s have created print matrix for their collograph prints using different materials in Visual Arts.

The Year 4/5s are learning about what it means to be a Super Digital Citizen, with a focus on the ins and outs of coding games using algorithms. The focus on Safer Internet Day assists all students to recognise the importance of being savvy when using the internet.

The Yr 6 class produced some beautiful nature mandalas, and wrote gratitude prayers.

This week and next week students will continue to have conferences with their classroom teachers setting their learning goals for Semester 1.



These conversations are accompanied by sharing the beginning of year assessments and shaping together goals that will assist each student in their endeavor to learn and grow. The students' learning goals will be shared on Seesaw and at Learning Conversations in Week 6.

## Learning Conversations

During Week 6 of this Term, 3rd – 6th March Learning Conversations will take place, giving you and your child the opportunity to meet and discuss your child's learning goals and their progress thus far with their class teacher/s. Learning Conversations are a required part of our Reporting Policy.

You should have received a letter, where you are able to indicate times and days preferred. Please return this form to your child's classroom teacher by no later than Tuesday 25th February.



## WELLBEING AS AN IMPERATIVE: THE RESILIENCE PROJECT

Mary MacKillop Memorial School fosters a supportive and resilient learning community, with wellbeing at its core. By promoting confidence, resilience, and emotional intelligence, we empower students to excel academically, build strong relationships, and lead responsible, fulfilling lives.

We view wellbeing as a broad concept encompassing various aspects of life, but at its core, it means feeling positive and functioning effectively. For us, resilience is the ability to adapt and thrive when faced with challenges, adversity, trauma, or stress. It's not just about overcoming difficulties but also about developing the strength to grow and move forward with confidence.

*go with strength and courage*



# From the principal

This year we are engaging in two wellbeing initiatives: The Resilience Project and Positive Behaviour Intervention and Support (PBIS). In each newsletter I will share a little more about how we are enacting and helping our students to thrive in the space of wellbeing, utilising both The Resilience Project and PBIS.

## Why are resilience and wellbeing important?

Research shows that there is a direct link between wellbeing and academics, therefore children who are not emotionally healthy will have difficulty learning. When we are stressed, the part of our brain responsible for learning does not function effectively.

- Calm children can focus and retain more information
- Resilience enables children to take safe risks without fear of failure

If you would like to know more, please have a chat to your child's classroom teacher or me.

## School Board 2025

At the Annual General Meeting on Wednesday, February 19, Chairperson Tom Pearce chaired the meeting, and the 2024 Annual School Report was presented to the community. Nominations were presented for vacancies on the School Board.

We acknowledge Tom Pearce, Chairperson of the School Board, for his service on the board for the past six years. Tom has been instrumental in guiding new initiatives, working collaboratively, and always having what is best for the children, families and school at the core of any decision making and discussions. We thank Tom for his outstanding commitment.

We also thank Jodi Strother and Micko Gruetzner for their involvement on School Board in 2024 and Amanda Flint for undertaking the role of secretary for the past two years.

Congratulations to the following members who were re-elected: Amanda Flint, who accepted her third two year term. Cath Kidman, Liz Rymill and Tom Giles, who have accepted their second two year term.

We congratulate Joe Cory and Mick Lynn, our newest board members, who have accepted a two year term. We acknowledge the leadership of the Board members for 2025.

## 2025 Board Members

### Ex-Officio Members:

President: Fr Peter Zwanns, Principal: Mrs Nicole Coote

School Representative: Danni Heazlewood

Parish Representative: Sr Loreto O'Connor

### Elected Members:

Chairperson: Glenn Tucker

Deputy Chairperson: Cath Kidman

Secretary: Jess Malone

Finance Chairperson: Leticia Gosse

### Board Members:

Amanda Flint, Tom Giles, Liz Rymill, Joe Cory and Mick Lynn

You are able to view the Annual School Report for 2024 on our website or request a hard copy from the front office.

Wishing all a wonderful weekend and good luck to those participating in Grand Finals!

God Bless

Nicole

*go with strength and courage*



# Catholic Identity

## Shrove Tuesday and Ash Wednesday

In Week 6 we will celebrate Shrove Tuesday. Our school is looking for donations of flour, sugar, and lemons to bring to school before Tuesday the fourth of March. We will lead the Penola community in the Ash Wednesday Mass. All families are welcome to the Ash Wednesday Mass at 9.15am on 5th March.

## Project Compassion

We will officially launch our Project Compassion campaign for 2025 on Shrove Tuesday. Students will bring home their boxes home and we will set up our online donation school fundraising page – watch this space!

## School values:

Love, Presence, Courage and



Our values underpin who we are and what we do at Mary MacKillop Memorial School. These values are based on the teachings of Jesus and the Gospels, the life and work of St Mary of the Cross MacKillop, the continued work of the Sisters of St Joseph and what it is that we as a community stand for.

Importantly, the students of MMMS feel that these values represent them, and their voice should be heard. As a school we have connected our values to the Crossways Religious Education Curriculum, however, our values are taught explicitly and noticed and acknowledged every day in every way.

## Penola Parish

St Joseph Church

Parish Priest: Fr Peter Zwanns and Fr Olek Stirrat

Sunday 23rd February

7th Sunday in Ordinary Time

Gospel: Luke 6: 27-38.

## Class Masses and Liturgies

**All School/Parish Masses will take place in  
St Joseph Church.**

**Everyone is welcome!**

### Week 5

Tuesday 25th February Yr 6 Class Mass @  
9.15am

Tuesday 25th February R/1 Class Liturgy  
@10:30am

### Week 6

Wednesday 5th March Whole School Ash  
Wednesday Mass @ 9.15am

### Week 8

Wednesday 19th March Whole School  
Feast of St Joseph Mass @9:15am

### Week 9

Tuesday 25th March Whole School  
Annunciation of the Lord Mass @ 9.15am



# Community News

## Counsellor's Corner

## Positive Parenting Conference in the South East

### Maintaining Friendships

As parents, we often hear about the negative things that happen at school rather than the positive, and many of these concerns involve friendship issues. Navigating how to maintain friendships at school can be challenging for both children and parents.

Here are some ways parents can explain to their children how to maintain friendships, even when disagreements occur:

- **Encourage Open Communication**

Teach your child to calmly express their feelings, like saying, "I feel upset when..." instead of blaming.

- **Problem-Solving Together**

Explain that solving problems together shows they care. Encourage them to ask, "How can we fix this?"

- **Empathy and Understanding**

Help your child think about how the other person might feel. Ask, "How would you feel if you were them?"

- **Take Time to Cool Off**

Let them know it's okay to take a break when emotions are high. A moment away helps everyone think clearly.

- **Teach Forgiveness**

Teach them that forgiving mistakes helps the friendship grow. Holding onto anger can hurt both friends.

- **Respect Differences**

Explain that it's okay to disagree with friends. Different opinions don't end friendships.

- **Model Healthy Conflict Resolution**

Show your child how you handle disagreements calmly.

These tips will help your child handle friendship challenges more effectively, whilst allowing you some peace of mind 😊

## Professional Learning/Student Free Days 2025

### Term 1

Tuesday 11th March

### Term 3

Friday 5th September

### Term 2

Thursday 5th June  
Friday 6th June

### Term 4

Friday 24th October  
Thursday 11th December  
Friday 12th December

We are excited to announce that the Catholic Schools Parent Association of South Australia have chosen the South East of SA for their next Parenting Conference.

The conference is designed specifically for parents, providing a unique opportunity to learn from some of the country's leading parenting experts. You will gain valuable insights on navigating the modern-day challenges affecting children and teenagers, with actionable strategies to support your family's journey.

**Guest speakers:** Madhavi Nawana Parker – One of Australia's foremost experts on mental health and wellbeing, Madhavi will share her expertise on how families and children can thrive together.

Nathan 'Dubsy' Want – With over 18 years' experience in empowering teens and parents, Nathan will provide practical advice and strategies for navigating life's ups and downs.

**Locations:** Two locations to choose from on two different evenings makes it even more accessible and FREE to all Penola families in lieu of travelling!

PLEASE NOTE: OUR SCHOOL VAN WILL ALSO BE AVAILABLE FOR THE MILLICENT CONFERENCE

Please contact the office should you wish to access the van travel option.

Tenison Woods College Mount Gambier on Monday  
17 March 6pm – 7.30pm

St Anthony's Catholic Primary School Millicent on  
Tuesday 18 March 6pm – 7.30pm.

### Please follow link to register:

<https://events.humanitix.com/stronger-families-millicent?accesscode=GUEST>

This is an event you won't want to miss. A wonderful chance to learn, connect, and grow with other families, all while gaining essential tools to support your children's development.





# Community News

## Condolences

Our deepest sympathy to the Gosse family on the passing of James' father and Harry's, Pa.

May our prayers offer some comfort during this difficult time.

## Absentees

A reminder that if your child is absent from school, for any reason, it is important that this is communicated with the school. The Catholic Education system has advised all schools to follow up on unresolved absences with families. Your support and communication in this matter is greatly appreciated.

### Text Absentee Number

When texting the Absentee Line to explain your child's absence from school please make sure you put both their name **and reason** so it can be recorded properly.

**0459 799 596**

## House Points

**Cameron 48**

**McCormack 48**

**Woods MacKillop 68**

## Birthdays

We wish a Happy Birthday to those who celebrated during January. Grace (8th), Noah (10th), Ruby (10th), Edward (12th), James (14th), Charlie (15th), Harvey (17th) and Will (24th).

We wish a Happy Birthday to those who celebrated in Week 4, and those celebrating in Week 5. Poppy (16th), Rylee-J (18th), Elijah (23rd), Ted (25th), Otto (25th) and Bonnie (26th)

## Sports Day

Save the date! This year, our Sports Day will be held in Week 10 on Friday the 4th of April!

We cannot wait to see everyone participating and showing their excellent sportsmanship, our staff look forward to supporting and encouraging students throughout the day!



## SAPSASA Softball

A huge congratulations to Matthew, Harry, Otto, Levi, Sophie and Elijah who have been selected as SAPSASA representatives, who will be competing in the Softball Carnival in Adelaide in March!

We are proud of your participation and commitment—best of luck as you represent our school!



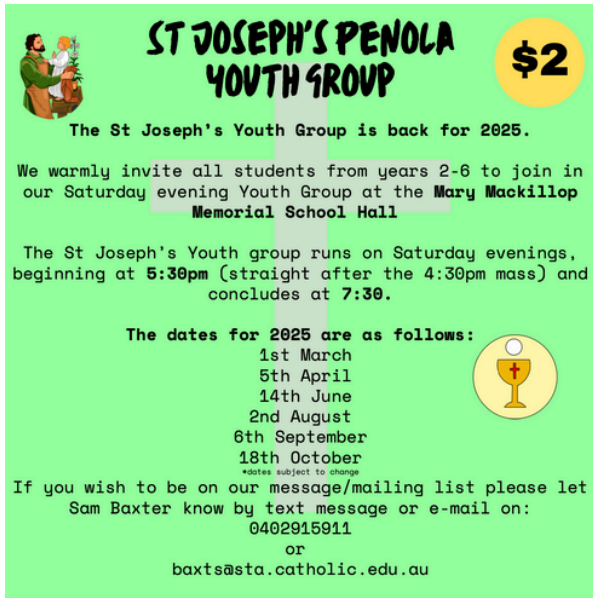


# Community News

## St Josephs Penola Youth Group

Year 2-6 Students are invited to our Saturday evening Youth Groups 5:30-7:30pm in the Mary MacKillop Memorial School Hall.

Contact Sam Baxter on 0402915911 or [baxts@sta.catholic.edu.au](mailto:baxts@sta.catholic.edu.au) to be on our message/ mailing list.



**ST JOSEPH'S PENOLA YOUTH GROUP** **\$2**

The St Joseph's Youth Group is back for 2025.

We warmly invite all students from years 2-6 to join in our Saturday evening Youth Group at the **Mary MacKillop Memorial School Hall**

The St Joseph's Youth group runs on Saturday evenings, beginning at **5:30pm** (straight after the 4:30pm mass) and concludes at **7:30**.

The dates for 2025 are as follows:

- 1st March
- 5th April
- 14th June
- 2nd August
- 6th September
- 18th October

\*dates subject to change

If you wish to be on our message/ mailing list please let Sam Baxter know by text message or e-mail on:  
0402915911  
or  
[baxts@sta.catholic.edu.au](mailto:baxts@sta.catholic.edu.au)

## Penola Football Club U12

Welcoming all Under 12 players as we venture into the new Limestone Coast Football League! Whether you're new to the game or already having a kick, this is your chance to be part of an exciting journey.

Register your child's interest today:

<https://docs.google.com/.../1FAIpQLSfS8T6SLUf.../viewform...>



**2025 PFC UNDER 12S**

**REGISTER YOUR INTEREST!**

Illustration of a young boy kicking a soccer ball.

## Festival on the Green

Bring a deck chair and enjoy the free event Festival on the Green. Experience cultural dance, music, food, door prizes, activities and more.

Saturday March 15th 11am-3pm.

Located at the Cave Gardens/Thugi Mount Gambier.



**FESTIVAL on the GREEN** **FREE EVENT**

CULTURAL DANCE, MUSIC, FOOD, DOOR PRIZES, ACTIVITIES AND MORE...

**Free Food Vouchers** Limited availability

Saturday March 15th 2025 | Cave Garden / Thugi Mount Gambier | 11am - 3pm

Bring your own seat! Don't forget your deck chair for a relaxed day on the green!

Logos: Day, ac.care, City of Mount Gambier, AMRC, Government of South Australia, human services.

This event is funded by the Limestone Coast Community Connections team. For more information on Community Connections and regional support, visit the website using this QR code.

## Millicent United Soccer Club

Come down and join Millicent United Soccer Club to learn new skills and make new friends at Park Terrace, Millicent.

See training times below, enquiries to contact Ian Lines on 0407399014 & Marcus McGrath on 0403436912.



**TRAINING TIMES**

**COME DOWN AND JOIN US MAKE NEW FRIENDS. LEARN NEW SKILLS. PARK TCE MILLICENT**

**MILICENT UNITED SOCCER CLUB** (EST. 1988)

**DON'T FORGET OVER 35'S SOCIAL SOCCER THURSDAYS 6PM**

- Miniroo's-Mon 5pm from Feb 10
- U12D-Tue 5.30pm from Feb 4
- U12-Tue 5.30pm from Feb 4
- U13-Wed 5.30pm from Feb 12 -Fri 5.30pm from Feb 14
- U14-Tue 5.30pm from Feb 4
- U16-Wed 5.30pm from Feb 12 -Fri 5.30pm from Feb 14
- U17-Fri 6pm from Feb 7 -Wed 6pm from Feb 12
- Res Men-Fri 6pm from Feb 7 -Wed 6pm from Feb 12
- Sen Men-Wed 6pm from Feb 12 -Fri 6pm from Feb 14
- Sen Women-Wed 6pm from Feb 12 -Fri 6pm from Feb 14

ENQUIRIES TO IAN LINES 0407399014 &/OR MARCUS MCGRATH 0403436912





# WELCOME TO THE RESILIENCE PROJECT™

## Parents & Carers



### Why?



**1 in 4**  
adolescents have a  
mental illness.



**65%**  
of adolescents do  
not seek help.



**1 in 7**  
primary school children  
have a mental illness.



**1 in 5**  
adults will experience  
mental illness.



**Over 50%**  
of students are at risk of a **poor learning  
mindset** (anxiety + disengagement).

Source: National Survey of Mental Health and Wellbeing, Australian Institute of Health and Welfare,  
Australia's Youth: Mental Illness

### About the program

TRP is committed to **teaching positive mental health strategies** to prevent mental ill health and **build young people's capacity to deal with adversity.**

We're proud to be implementing TRP's **evidence-based whole school wellbeing program** to support positive mental health in the classroom, staffroom and wider community.

Students will engage in weekly lessons to understand and strengthen their practice of **Gratitude, Empathy, Mindfulness** and **Emotional Literacy**, with regular opportunity for parent/carer involvement.



### Get involved with TRP@HOME

Scan the QR code  
or [click here](#) to  
find **activities  
and resources** to  
implement the GEM+EL  
principles at home.



### Evidence-based

TRP's School Partnership Program  
has been independently evaluated  
by [The University of Adelaide](#) and  
[The University of Melbourne](#).



Scan the QR code to learn more about how the program  
is **significantly lowering the risk of mental illness.**



### The imperfects podcast

**The imperfects** is hosted by Hugh van Cuylenburg, Ryan Shelton and Josh van Cuylenburg, **celebrates just how imperfectly perfect we all are.** Together, they chat to a variety of **people who bravely share their struggles and imperfections alongside valuable learnings we can apply to our own lives and use to support the teachings of TRP in the classroom.** Guests include Nathan Buckley, Grace Tame, Jack Steele, Zan Rowe, Michael Klim, Billy Slater, Lael Stone, Pat Cummins, Tim Minchin and many more.





# STRONGER FAMILIES:

## A POSITIVE PARENTING CONFERENCE

**The South East Tour...  
Two Locations!**

**TENISON WOODS  
COLLEGE**  
MOUNT GAMBIER

**MONDAY  
MARCH 17**

**6PM SHARP  
TO 7.30PM**

**ST ANTHONY'S  
CATHOLIC SCHOOL**  
MILLICENT

**TUESDAY  
MARCH 18**

**6PM SHARP  
TO 7.30PM**



**MADHAVI NAWANA PARKER**  
HELPING CHILDREN & TEENS  
RESPOND TO FRIENDSHIP  
DIFFICULTIES AND BULLYING



**NATHAN "DUBSY" WANT**  
NAVIGATING  
INESCAPABLE  
MOMENTS

\$10 + Booking Fee per person, per location. Light refreshments included.

Tickets available at Humanitix:

[www.events.humanitix.com/stronger-families-mount-gambier](http://www.events.humanitix.com/stronger-families-mount-gambier)

[www.events.humanitix.com/stronger-families-millicent](http://www.events.humanitix.com/stronger-families-millicent)



**Catholic  
School  
Parents**  
SOUTH AUSTRALIA

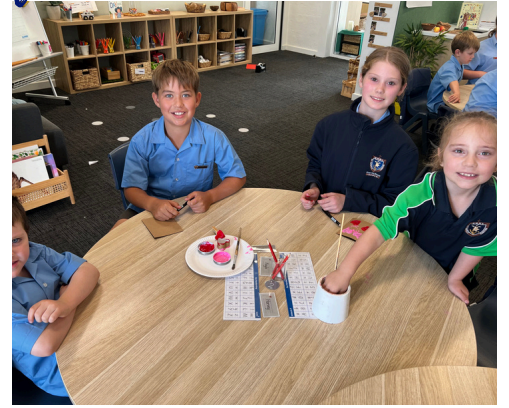
PRESENTED BY CATHOLIC SCHOOL PARENTS SA  
[cspsa.catholic.edu.au/events](http://cspsa.catholic.edu.au/events)





# photo gallery

## St Valentine's Day



## R/1 Visual Arts







# photo gallery

## Occasional Care Nature Learning



## Zooper Dooper Fridays!

