



**St Thomas More
School**

Newsletter

4 September 2020: Term 3, week 7

50 Yorktown Road,

PO Box 2002

Elizabeth Park, South Australia,

5113

(08) 8255 1699

info@sttmore.catholic.edu.au

www.sttmore.catholic.edu.au

Principal

Mr Chris Platten

Acting APRIM

Mrs Robyn Mercer

Leader of Teaching, Learning & Wellbeing

Ms Leah Williams

Out of School Hours Care Daily

6:30am to 8:45am

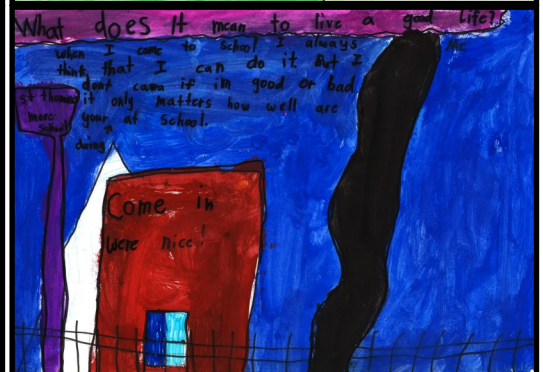
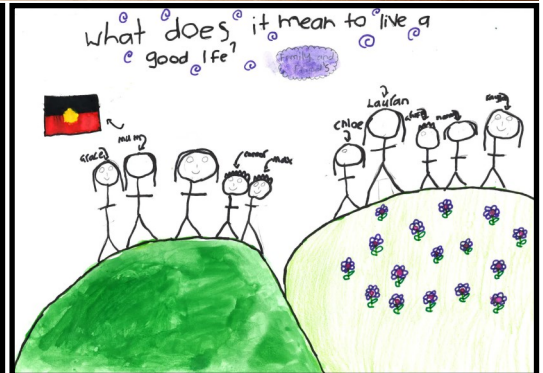
and 3:00pm to 6:00pm

Wednesday 2:30 to 6:00pm

(08) 8255 1626

0409 551 699

What does it mean to 2/3 MD LIVE A GOOD LIFE?



"I think living a good life is going to school because if we don't go to school we won't know anything. We won't know how to count, read, we also won't know the alphabet and anything. People sometimes say school is boring but I think it is fun you can learn new things all the time. I go to St Thomas More and I learn so many things there"- Cing



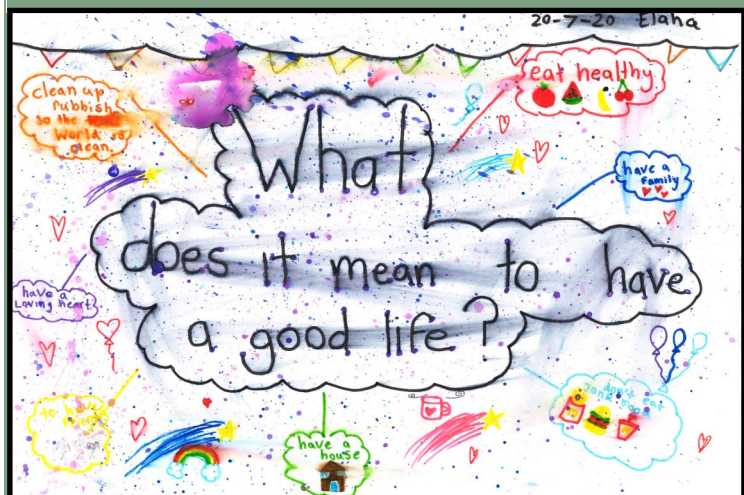
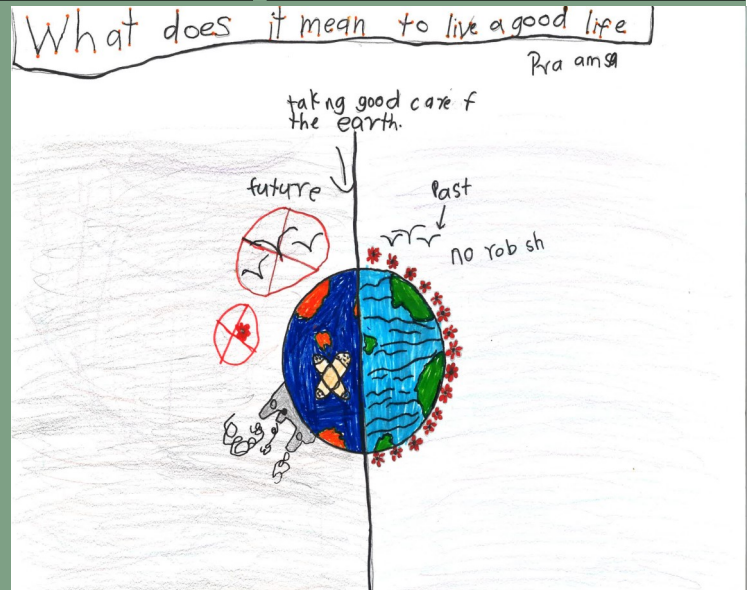
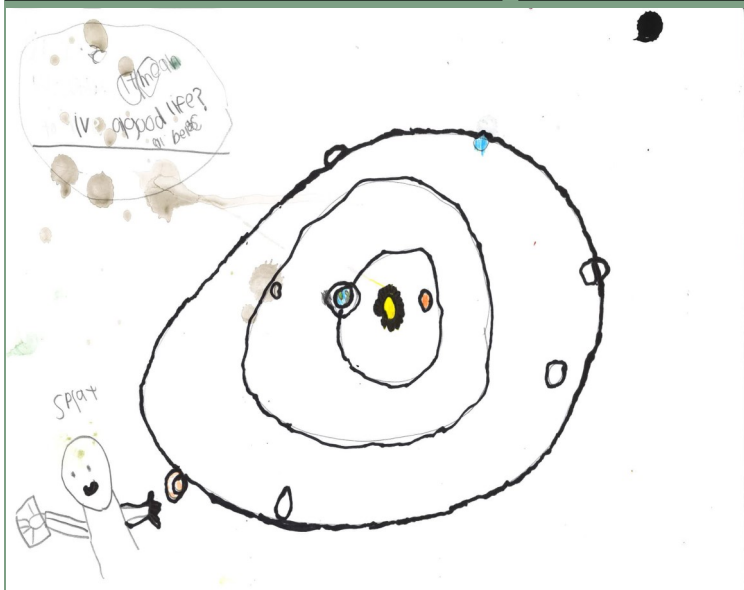
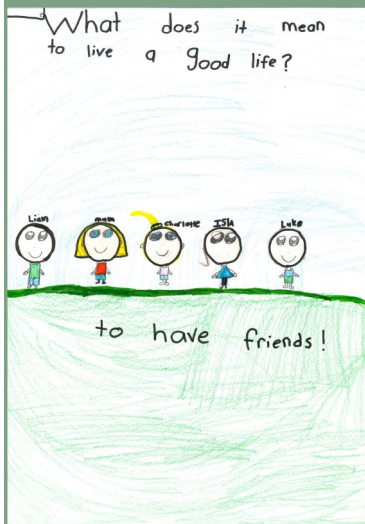
Care for people, be happy, be like Jesus, care for animals and go to school. Drink water, don't hit people, love people, don't hate people and love your family. Care for the earth, pick up rubbish, live good, love God and love plants. - Bior



"Give money and food to hungry, poor people and animals. Pick up the rubbish and put it in the bin when you see rubbish everywhere. Help people when they need help." - Noah

"If you take care of the world it will take care of you. If you want to live a good life you want to enjoy it and be happy while it lasts. You want to make friends that are kind and caring so that you are happy. Lastly, you need to be kind to people so that they're kind to you." - Charlie





Dear Parents, Caregivers, Students and friends of St Thomas More,

COVID-19

Thank you to all community members who are working hard not to become complacent during COVID-19. I have observed social distancing amongst most adults present at our school. This continues to be of paramount importance. We can easily forget and return to our previous way of greeting each other but, as we have seen interstate, things can quickly change. It is important to remember that if you or your children are not feeling well, it is best to not come to school, see a doctor and get tested if required to. If you are being tested and awaiting results, we ask your family to self-isolate until you have the outcome of those results.

STUDENT SAFETY AND WELLBEING

What is mindfulness?

Mindfulness involves training our attention and attitude. Being mindful means awareness of your own moment-to-moment internal and external experiences, with gentleness and acceptance and without judgment. It's a state of being that encourages us to slow down, focus on the present, accept things as they are, and act with discernment. When we do this, we're less distracted by thoughts of the future and the past, which can often make us worry and stop us from enjoying the present moment.

What does it mean to be unmindful?

To better understand what it means to be mindful, it helps to understand what it means to be 'unmindful'. When we're inattentive, distracted and disengaged from the present moment, the mind habitually and unconsciously slips into what's called 'default mode' - we're physically doing one thing but the mind is somewhere else. For example, someone might be speaking to us, but we're not listening, or we might be reading a book but not taking in the words on the page. Much default mental activity involves things such as worry or rumination about the past and future, which is one of the main reasons there's so much default mental activity in states like anxiety and depression.

To learn more about how you can help encourage mindfulness in your children visit Be You (formerly Beyond Blue). <https://beyou.edu.au/fact-sheets>

HOW MUCH EXERCISE DO CHILDREN AND YOUNG PEOPLE NEED?

The Australian 24-Hour Movement Guidelines outline the following recommendations for children and young people:

- Infants (birth to 1 year): 30 minutes of supervised interactive floor-based play including tummy time, reaching and grasping, pushing and pulling and crawling.
- Toddlers (1-2 years): at least 180 minutes a day, including energetic play such as running and jumping.
- Pre-schoolers (3-5 years): at least 180 minutes a day of which 60 minutes is energetic play such as running, jumping and kicking and throwing. Children (5-12 years) and young people (13-17 years): at least 60 minutes of moderate to vigorous intensity physical activity every day. The percentage of children meeting current guidelines is: 61% of 2 to 5 year olds, 26% of 5 to 12 year olds and 7.9% of 13 to 17 year olds.

To learn more about the benefits of exercise on wellbeing visit Be You (formerly Beyond Blue). <https://beyou.edu.au/fact-sheets>

SCHOOL UNIFORM

St Thomas More School uniform items can be purchased from the Front Office in person on Mondays and Fridays 8:30 am to 9:30 am. However, we encourage all families to order and pay for uniform items using the St Thomas More School QKR app. Ordered items will be delivered to your child's classroom.

REMINDER - CLASS PREPARATION FOR 2021 FORM

Please complete the **CLASS PREPARATION FOR 2021** form sent out and return ASAP. When we have this information we will begin to organise class structures for next year. Class structures will be finalised next term.

Thank you for your cooperation with this important planning process.

2021 RECEPTION ENROLMENTS

Places are available. If you have or if you know of anyone who has a child **turning 5 before May 1, 2021**, please complete and lodge an enrolment form at the Front Office.

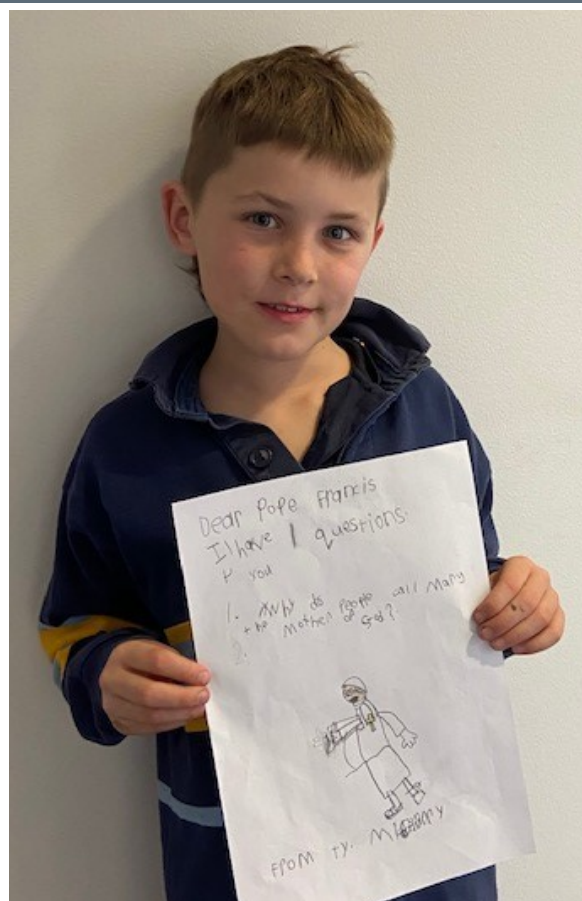
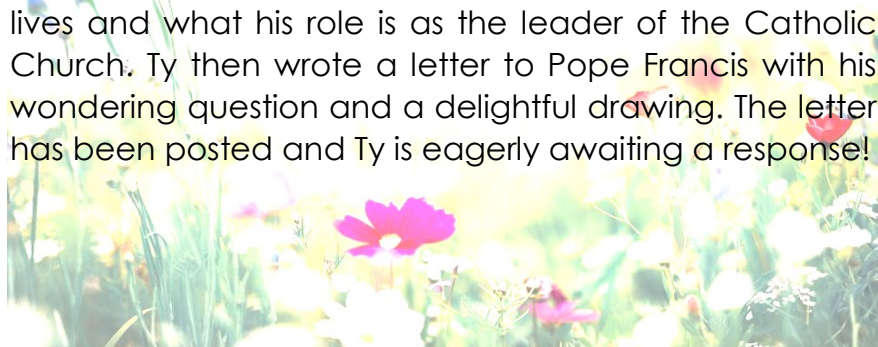
2021 TERM 3 RECEPTION ENROLMENTS

Places are available. If you have or if you know of anyone who has a child **turning 5 before October 31, 2021**, please complete and lodge an enrolment form at the Front Office.

Working in Partnership,
Chris Platten

Wondering and the Religious Education Curriculum**RELIGION**

At St Thomas More School all classes are being encouraged to approach religious ideas and stories of our faith with an attitude of 'wondering'. In Religious Education lessons and when listening to the Christian story learners, are given the opportunity to explore their own questions and wonderings. Recently, in 2/3 MD Ty wondered how it could be that if God came first how could Mary be called God's mother? He took his wondering further (after not being not totally satisfied with the responses from Mrs Mannella and Mrs Mercer!!!) and we decided to put his wondering question to Pope Francis. Ty was then encouraged to research a little about who Pope Francis is, where he lives and what his role is as the leader of the Catholic Church. Ty then wrote a letter to Pope Francis with his wondering question and a delightful drawing. The letter has been posted and Ty is eagerly awaiting a response!




Pope Francis invites us to make some time every day in September to pray for our world and to ask for God's help so that we can make decisions and take actions to care for the environment - our common home.

All classes will be engaging in learning experiences related to **ecological conversion** (developing hearts that appreciate our world and are in awe of it's beauty) and **ecological sustainability** (using our minds and our hands to take action to care for the world).



RAISING HEARTS AND MINDS

All classes will be regularly praying the following prayer in classrooms during September. You might consider regularly praying it together as a family, or using it as a 'conversation starter' around the beauty of the natural world and all people and our responsibility to look after ourselves, each other and the environment.



Creator God, today help me to see you
in the world around me.
In the beauty of nature,
in the sunshine and the rain,

in the beauty of the people around me,
and most of all in the beauty of myself.



Today we promise to take care
of your great masterpieces,
all of creation and the people around us.

We make this prayer through Jesus, who shows us how
much you really love all of your creation.

Amen

Catholic Schools

FOOTBALL Carnival



On Tuesday 18 August the year 4-6 students participated in the Regional Catholic Schools Football Carnival at Ridley Reserve. The weather was extremely cold but fortunately dry and due to a strong wind, players found it tricky to execute their skills with accuracy. Despite this, all students showed enthusiasm, discipline, teamwork and a high level of skill.

The girls' teams went through the day successfully, winning most of their games. They displayed excellent teamwork and shared the ball around well. Whilst all players tried their best, Jayla Barrett, Ashlyn Dunstan and Tahni Porter displayed great leadership skills. Congratulations to Ms Swann and girls on their achievement.

The year 4/5 boys' teams relished the challenge of playing against some challenging opposition and enjoyed the competitive element of the game and fought hard all day. Congratulations to Max Daniels, Riley Kirkbright, Ivan Schumann and Jake Jones on their efforts to show great skill and leadership throughout the day. All the boys and girls enjoyed the day and are to be congratulated on their fine sportsperson ship during all matches.

Thank you to Ms Swann, for her help and support. She has been an amazing presence at our carnivals, going above and beyond her role to ensure the students have a positive experience.

PE Co-ordinator
Fabian Chevalier

BEST Effort





Friday 25 September

On Friday 25 September, St Thomas More will celebrate Sports Day starting at 9:10am. **McAuley** (yellow), **MacKillop** (blue), **Barry** (red) and **Coolock** (green) will gather to contest the Vin Davies Shield and Spirit Cup. Students are to arrive at school at normal time.

The students have been looking forward to Sports Day knowing they will be able to showcase their physical aptitude and demonstrate their skills explicitly taught during PE lessons. Sports Day allows our students the opportunity to transfer skills around respect, participation, self-direction and leadership. Importantly it is a day of collaboration, encouraging peers and enjoyment.

On Sports Day students can wear a T-Shirt that reflects their team along with their correct **SPORTS SHORTS** or **PANTS** and a **HAT** is advisable. Students may also wear hair ribbons, socks, or hair spray (put on at home and not to be brought to school) that reflects their team colour. Children are **NOT** to wear coloured zinc cream or paint their body with coloured zinc - normal zinc cream only!

Please remember to send your student to school with a labelled drink bottle.

PLEASE NOTE

Presently however, with strict guidelines around social distancing, the need for COVID-19 compliance documentation of visitors to our site and the safety risk to students Sports Day will proceed **without parents/carers/spectators**. There will be suitable staff members working on the day, so no **volunteers** are required.

We will capture as much of the day as possible electronically to share with you during the day.

The canteen will be open for lunch orders as normal and students can purchase from the canteen at recess and lunch time. School will finish at the normal time of 3pm.

Good Luck to all teams!

Fabian Chevalier
P.E. Co-ordinator

McAuley

MacKillop

Barry

Coolock



Show your support for
KIDS WITH CANCER

MONDAY September 21



What is Footy Colours Day?

Fight Cancer Foundation's Footy Colours Day is a national fundraising campaign which helps kids with cancer.

Where does the money go?

Every dollar raised helps kids with cancer to continue learning during treatment and recovery through Fight Cancer Foundation's education support programs. Last year \$735,000 was raised.

On Monday September 21 (WK 10) all students are invited to wear their favourite footy colours with a gold coin donation. We are extending it to your favourite sports team colours, netball, rugby, soccer, cricket or your own sports club wear.











We're wearing our
FOOTY COLOURS
on: Monday 21 September


footycoloursday.com.au #footycoloursday

GOLD COIN DONATION

CAN YOU SOLVE THESE REBUS PUZZLES?

Week 5 Newsletter answers: Corner kick, Lickety split, Tea for two, Parachutes, Follow up, Valentine, Low key, Flat broke.




Thomas More College Enrolment Timeline

All students must be enrolled within the Enrolment Guidelines, whether you currently have a child here or attending a partner school.

YEAR TO COMMENCE AT TMC	ENROLMENT APPLICATION	APPLICATION CLOSING DATE
Year 7 2022	Urgent enrolment NOW	Please enquire with the College prior to lodging application
Year 7 2023	Enrol Now	End of Term 1, 2021
Year 7 2024	Accepting applications	End of Term 1, 2022
Years 8-12	Limited places may be available	Please enquire with the College prior to lodging application

How to Enrol

- Visit tmc.catholic.edu.au/enrolment-information to download an application or request an Enrolment Pack from the College Office. Once completed, submit the application to our Finance Department for processing.
- Once your application has been received you may receive an email requesting any further information required.
- Based on the information supplied parents/guardians and students may be invited to attend an interview with a member of College Leadership.
- Following the interview, should an offer of enrolment result, you will be notified in writing.







More Opportunity YEAR 7-12

Please contact our Enrolments Officer,
Jane Siviour on 8182 2600 or
enrolments@tmc.catholic.edu.au

23 Amsterdam Crescent,
Salisbury Downs SA 5108

Learn More • Live More • Be More

tmc.catholic.edu.au

FREE 10 week training program.



INTRODUCTION TO WORKING WITH CHILDREN AND COMMUNITY



Do you have an interest in working with Children or within Community Services? Would you like to increase your knowledge and employability skills? Then come join our **FREE 10 week** training program.

TOPICS COVERED

- Child Development
- Developing Children's Literacy
- Communication Skills
- Overview of working in the Community
- The importance of children's play
- Guest speakers from local services and training providers.
- Create a Project
- Career Pathways
- Future Study Options

DELIVERY

Delivery will be a blend of Online Sessions (support provided) and Face to Face sessions at St Thomas More Primary School 50 Yorktown Road, Elizabeth Park

WHEN

Starting **17th September 2020 (10 weeks)**
Thursdays & Fridays 10.00 am - 2.00pm

TO REGISTER

Contact Jo
Phone: 0427 996 352
Email: eccpjo@gmail.com

This Adult Community Education Course offers the following unit of competency from the Foundation Skills Training Package (FSK): FSKOCM03 Participate in simple spoken interactions at work. Students will receive a Statement of Attainment from TAFESA upon successful completion.














ST THOMAS MORE SCHOOL OSHC - VACATION CARE

Week 1: Monday 28th September - Friday 2nd October 2020 **Week 2: Monday 5th October - Friday 9th October 2020**

50 Yorktown Road, Elizabeth Park SA 5113 Phone: (08) 8255 1626 Mobile: 0409 551 699



Monday 28 th	Tuesday 29 th	Wednesday 30 th	Thursday 1 st	Friday 2 nd
Mini-Olympics Get ready to compete in our very own OSHC style Olympics. Participate in different games and sports with your team throughout the day to win gold. 	Kids take over! Funtopia! Today is all about having FUN! Participate in a range of activities, crafts and games specially selected by you. 	Games 2 U! Back by popular demand! Games 2 U will be visiting us today with their games truck, hamster balls and laser tag. Make sure you are ready to play! 	Music Fun It's international music day. Come dressed as your favourite musician and we will create our own instruments, participate in musical games and perform dances. 	Cute & Cuddly Petting zoo Farmer Darcy's travelling farm of rescued animals are coming to see us. Cuddle, feed or play with guinea pigs, rabbits, goats, ducks and more. 
Monday 5th SERVICE CLOSED	Tuesday 6th Exploring Space It's world space week this week so let's go to the moon and explore all there is to see in SPACE! 	Wednesday 7th Guess who? Dress up as your favourite character, celebrity or star and let us try and guess who you are. Walk the red carpet in the OSHC fashion parade and show us what you've got! 	Thursday 8th Rev It Up Racing Compete and race against your friends in a racing car simulator. Can your team make the best time and win the competition? 	Friday 9th Pizza Party Did you know that in America they celebrate pizza for a whole month? Why not join in and have a pizza party to end the school holidays? 

Advance Notice

Every Tuesday

Parent Coffee/Tea chat 8:30am Jubilee Hall - **Postponed**
ECC Playgroup 9:30am -11:30am

Principal's Tour

(first Tuesday of the month) 10am - **By appointment only**

Every Wednesday

School Banking
Early Learning Years (ELY) 9:30am-11:30am

Month of September

Month of Care for Creation

5 September

Feast of St Teresa of Calcutta
Mother Teresa

6 September

Father's day
23rd Sunday in Ordinary Time

6-12 September

National Child Protection Week

8 September

Nativity of Mary, Mother of Jesus
R/1 J Class Liturgy

9 September

Child Protection day

12 September

RU OK? Day

13 September

24th Sunday in Ordinary Time

15 September

3/4C Class Mass



Liturgical Events

Unfortunately, as the COVID restrictions are still in place for large worship gatherings, there will be no Masses celebrated at school until further notice. Classes will continue to have liturgies in class groups but parents are unable to attend. Teachers will include families by sending photos, iMovie's or copies of the class prayer service via seesaw.

Difficult roads
often lead to
beautiful destinations.



RAISING HEARTS AND MINDS

School Access Term 3

8:30am to 8:50am

Access via main front courtyard gate at the school crossing.

8:50am to 2:45pm

Access via green front pool gate in front of administration building.
Shillabeer road access for OSHC. Gate locked at 8:50am.

2:45pm to 3:15pm

Access via main front courtyard gate at the school crossing.

Children dropped off before 8:30am and children not collected by 3:15pm will be sent to OSHC and parents will be invoiced for the service.