



St Thomas More School NEWSLETTER

Term 1 Week 3 Thursday 13 February Website: www.sttmore.catholic.edu.au Email: info@sttmore.catholic.edu.au

St Thomas More School recognises and acknowledges that we are living on traditional Aboriginal lands and

Upcoming Events

Every Tuesday

Parent Coffee/Tea chat
8:30am Jubilee Hall

ECC Playgroup

9:00am-11:00am

Monday 17 February

School Board Meeting

Tuesday 18 February

Meet & Greet
3:15-5:00pm

Wed 19 February

Meet & Greet
2:45-7:30pm

Friday 21 February

SAPSASA

Swimming carnival

Tuesday 25 February

Shrove Tuesday
Free pancakes
7:45-9:00am

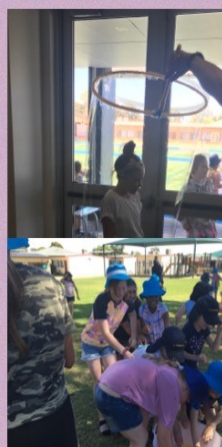
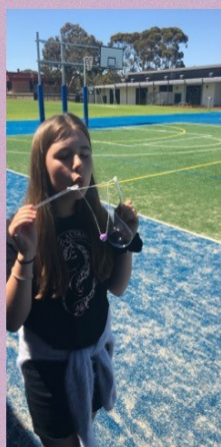
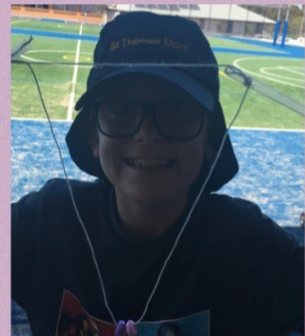


VACATION CARE AT OSHC!

OSHC had such a great time this last school holidays that we don't even know where to begin!

We had a visit from a bubble expert, played with water balloons, created with nature, challenged each other in games, visited the Aquadome, Gawler Cinema, Ice Arena and the Beachouse! We even had a popcorn machine and different themed jumpy castles. Children were also challenged daily in sport games, cooking activities and crafts.

Thank you to all that attended and helped ensure the school holidays were enjoyable!



St Thomas More School

Principal

Mr Chris Platten

APRIM

Mrs Sonia Kilmister

Leader of Teaching,
Learning & Wellbeing

Ms Leah Williams

Telephone: 8255 1699

OSHC: 0409551699

PIC-COLLAGE



PIC•COLLAGE

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

Welcome to Term 1! I hope you all had a relaxing and enjoyable holiday. The students appear relaxed and excited to be back at school and it was great to hear some of their holiday stories. Holidays are always a great opportunity for everyone to recharge their batteries and Term 1 looks like being a very exciting and busy term! We welcome new students and their families. We hope their association at St Thomas More will be rewarding and an enjoyable experience in our school/parish community.

It is lovely to see so many happy, smiling faces every morning, keen to go into their classrooms for a day of learning. All teachers have been extremely busy over the last few weeks, preparing their classrooms for a new year, paying particular attention to providing a space that is inviting, welcoming and conducive to good quality learning.

ADJUSTING TO THE FIRST WEEKS OF SCHOOL

Back to school can be a very emotional time for children. For first-time students, being away from parents, adjusting to a new environment with new people, and adapting to a new routine can be overwhelming. You can help by talking about the positive aspects of school. Tell stories about your happy, funny and enjoyable experiences at school. Talk to older siblings about ways they can help so they don't tell scary stories.

- Establish regular bedtime and wake-up routines. Children, including teenagers, need plenty of sleep. They may be more tired than usual and need time to relax. You may find that rather than becoming more grown up, young children might regress or become more difficult or defiant, in response to the stress of the new routines.
- Celebrate the start of school with a special meal or outing. Make the experience as happy and positive as you can.
- Children normally shed a few tears when they part from their parents. Try not to extend your stay because it can prolong and intensify the child's reaction. This behaviour may last a few days or weeks. Teachers are prepared to handle the situation and if alerted that a child may react to separation, they can give the student a special job or a partner in the class to help with the adjustment period. Even if children have been to school previously, they might still find their initial weeks a period of change.

2020 Classroom/Teaching Structure

Reception/Yr.1: Connie Carter

Reception/Yr.1: Molly Jefferys

Year 2/3: Anne Mannella/Marie D'occhio

Year 2/3: Janie Gosling

Year 3/4: Lisa Crossley

Year 5/6: Fabian Chevalier/Rosanna Samarzia

Year 5/6: Sarah Boraso

Leader of Teaching & Learning / Wellbeing: Leah Williams

APRIM / Inclusive Ed: Sonia Kilmister

Principal: Chris Platten

Specialist Teachers

Italian/The Arts: Megan Pollard

Physical Ed: Fabian Chevalier

Building

Builders have been very busy over the break with the refurbishment of the Yr. 5/6 transportables and the demolition of buildings in preparation for a new Nature Play, garden and community shelter. A plan is on display in the front office.

Leadership Team

This year the Leadership Team structure has changed slightly as we no longer have a Deputy Principal. Our Leadership Team comprises of the Principal, Mr Chris Platten, the Assistant Principal, Religious Identity and Mission (APRIM), Mrs Sonia Kilmister and our Leader of Teaching, Learning and Wellbeing, Ms Leah Williams. Please feel free to drop in at any time to have a chat to any of our Leadership Team about any questions, concerns or suggestions you may have.

Burnsafe Program

Last week our students participated in the 'BurnSafe Prevention Program' run by the Kidsafe SA from the Women's and Children's Hospital. This program was fully interactive and aims to teach children about ways they can keep themselves safe and reduce the incidence of a burn injury, through awareness, harm minimisation strategies, making safe choices and first aid. Thank you to our counsellor, Sandy Ahearn for organising this incursion and to Lesley Swann for setting up the learning space for the Burnsafe team to present.

Staff Meeting

At Staff Meeting last week, our teachers were involved in discussions about the Plenary Council, which is a historical meeting of all the Australian Catholic Churches. Our dialogue centred around the question: ***'What do you think God is asking of us in Australia at this time?'*** in relation to our school and wider community. At our staff meeting, we decided that our responses to this question aligned with the theme: 'A joyful, hope filled and servant community'. Please feel free to offer any thoughts or suggestions in answer to this question and in relation to our theme.

Sacramental Program

If your child would like to join our 2020 Sacramental Program, please see the Front Office for a form to fill out. Our first information session for families was held on Friday 7th February. This program will culminate in the celebration of Confirmation of the children who participate in the program on Tuesday 15th September, 2020. Please see Sonia Kilmister for any further information and collect an enrolment form as there is still an opportunity to be part of the Sacramental Program.

URGENT REMINDER

Emergency Contact Details

A 'Student Information Check List' will be distributed to each family over the coming weeks to ensure ALL your details are correct. Please check carefully that information is current and complete, make any necessary changes and return to the front office as a matter of urgency.

Peaceful Kids Program

We are initiating the Peaceful Kids Program throughout the school to assist students in mindfulness training. A description of the Program is below.

‘Peaceful Kids’ is a Mindfulness and Positive Psychology based program to lessen anxiety and stress and increase resilience in children. The program has been created to fulfil a need in schools to offer all children a developmentally appropriate program that gives children the skills, practice and support to utilize coping strategies that lessen the symptoms of anxiety and stress. The program also involves parental involvement and commitment to supporting the strategies at home.

Children learn about:

- Basic theory on Mindfulness and how it affects the brain and lessens stress and anxiety
- The different ways to practice Mindfulness and integrate it into their lives
- Their feelings and how this relates to anxiety and stress levels
- Understanding stress and how it relates personally to them
- Understanding triggers for stress and how to calm down when feeling stressed
- Physical symptoms of stress and learning to identify when they need to take time out to calm themselves
- Worrying and how it affects their happiness
- Different types of thinking that increase anxiety or lessen anxiety
- Noticing their own self-talk and how this affects worrying and stress levels
- Creating a balanced lifestyle including lots of chill out time and being in the flow

Children learn life skills of:

- A range of Mindfulness meditations
- Positive psychology exercises
- Techniques to lessen worrying
- A variety of coping strategies
- A variety of problem solving strategies
- Journaling and expressing their worries
- Facing challenges and fears step by step
- Preventative strategies to help prevent stress build up
- Being attuned to their own bodies and minds
- Being in the flow more regularly and enjoying more of the present moment

All students will be introduced and engaged in the classroom based Peaceful Kids Program and Leah Williams will be working with a small group of students through the intervention program. If you would like your child involved in this program or have further questions, please contact Leah at the office.



There is much to celebrate and to recognise the rich heritage of our past, the gifts of the present and the vision for the future. It is a great privilege to be on the Leadership Team of St Thomas More School. We encourage you to be an active member in our community and take up every opportunity possible to be involved in your child's education.

We look forward to seeing you at next week's Meet & Greet evening.

Working in Partnership,

The Leadership Team

DIARY DATES TERM 1, 2020

PLEASE NOTE: These dates and activities may change—please keep updated via the newsletter and Facebook

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	27 January	28 January	29 January	30 January	31 January
	Australia Day	First day of Term 1	School Banking		Whole School Assembly
2	3 February	4 February	5 February	6 February	7 February
		Principal Tour 10am	School Banking ELY 9:30-11:30am Burnsafe Program		
3	10 February	11 February	12 February	13 February	14 February
		Playgroup 9:30-11:30am	School Banking ELY 9:30-11:30am Whole School Commissioning Mass 10am		Whole school Assembly 5/6B
4	17 February	18 February	19 February	20 February	21 February
	School Board Meeting 6pm	Playgroup 9:30-11:30am Teacher 'Meet and Greet' 3:15-5:00pm	School Banking ELY 9:30-11:30am Teacher 'Meet and Greet' 2:45—5:55pm & 6:30—7:30pm		SAPSASA Swimming Carnival
5	24 February	25 February	26 February	27 February	28 February
		Playgroup 9:30-11:30am Shrove Tuesday Free pancakes being served 7:45-9:00am	School Banking ELY 9:30-11:30am Ash Wednesday Liturgies throughout the day		

DIARY DATES TERM 1, 2020

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Week	Monday	Tuesday	Wednesday	Thursday	Friday
6	2 March	3 March	4 March	5 March	6 March
	School Board AGM 6pm	Playgroup 9:30-11:30am Principal Tour 10am	School Banking ELY 9:30-11:30am		Pupil Free Day Staff Reflection day
7	9 March	10 March	11 March	12 March	13 March
	Adelaide Cup Day Holiday	Playgroup 9:30-11:30am	School Banking ELY 9:30-11:30am		
8	16 March	17 March	18 March	19 March	20 March
	School Board Meeting 6pm	Playgroup 9:30-11:30am St Patrick's Day	School Banking ELY 9:30-11:30am		
9	23 March	24 March	25 March	26 March	27 March
		Playgroup 9:30-11:30am	School Banking ELY 9:30-11:30am		Whole School Assembly 5/6 SC
10	30 March	31 March	1 April	2 April	3 April
	Year 5/6 School Camp - Woodhouse Activity Centre	Playgroup 9:30-11:30am Year 5/6 School Camp - Woodhouse Activity Centre	School Banking ELY 9:30-11:30am Year 5/6 School Camp - Woodhouse Activity Centre	SAPSASA Year 5/6 Tennis carnival	
11	6 April	7 April	8 April	9 April	10 April
	Holy Week Holy Week liturgies to be announced	Playgroup 9:30-11:30am Principal Tour 10am	School Banking ELY 9:30-11:30am	Holy Thursday Last Day of School Term 1 School finishes at 3pm	Good Friday