



St Thomas More School

NEWSLETTER

Term 1 Week 5 Thursday 28 February Website: www.sttmore.catholic.edu.au Email: info@sttmore.catholic.edu.au

Upcoming Events

Tuesday 5 March

Parent Coffee Catch up
8.30am

Principal Tour 10am

Shrove Tuesday/
Carnivale

Wednesday 6 March

Breakfast Club 8.30am

Preschool 9.30am

Ash Wednesday

Friday 8 March

Assembly 9am
(5/6CB to lead)

National School's Clean
Up day

Monday 11 March

PUBLIC HOLIDAY

Wednesday 13 March

Mass 4 KJ
10.15am Jubilee Hall
St Thomas More School

Principal
Mr Chris Platten

Acting Deputy Principal
Mrs Sonia Kilmister

Acting APRIM
Ms Leah Williams

Telephone: 8255 1699

Fax: 8287 0241

OSHC: 8255 1626

St Thomas More School recognises and acknowledges that we are living on traditional Aboriginal lands and we offer our respect and appreciation to all Aboriginal people.

Year 5/6 Leaders

This year we have been busy applying for sports captaincy and committees. We would like to introduce these successful applicants.....

The Media Committee

Responsible for:

- Taking and using photos to publish in newsletters and in classes
- Helping the front office with the school newsletter, such as activities, questions and school events
- Assisting the staff with the PowerPoints for the school assemblies
- News report

Members:

Declan, Madix, Owen, Abigail, Ella, Sienna,
Lillee, Jade, Faith and Liam.L



The Liturgy Committee will be:

Assisting with the masses with Father Pat, Mrs. K and class masses

We will also be helping with the liturgies

Completing PowerPoints for Masses and Liturgies

Working the IT for all school Masses and Liturgies

Helping the APRIM

Members: Layshah,
Madi, Mia, Jayla,
Sophie, Namiah,
Lilly, Liam.R, Roselia



The Wellbeing Committee will be:

- Organising the Mission Day program for the students and the school
- Doing good deeds for the staff, the students, teachers and the community
- Helping the front office; jobs, cleaning etc.
- Setting up fundraisers each term

Members: Jok, Tamika, Emily, Adinda,
Liam.R, Emily-Ann, Liam.R, Khaleq.



Sport Captains will be:

Choosing a whole school movement and songs for their team

The Captains will be helping their team with chants

They will be helping Mr. C with getting out the equipment

Organising their captain t-shirts.

Also, helping get the little kids started with their activities on sports day

Setting up Sports Day

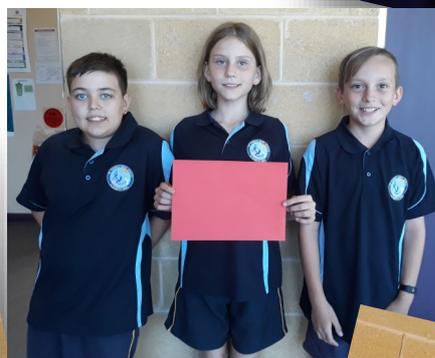
They will keep the sports shed clean

Coolock: Shyla, Tyler, Bahram

Barry: Tyler-Anne, Zack, Mason

Mickilop: Marisa, Charli, Bailey

Mcauley: Raziq, Seth, Jordon



Principal's Report

School Leaders

Congratulations to Charli, Marissa & Bailey (MacKillop – Blue House team), Jordon, Raziq & Seth (McAuley - Yellow House team), Shyla, Tyler & Bahram (Coolock – Green House team) and Zack, Tyler-Ann & Mason (Barry - Red House team) on being voted in as House Captains for 2019.

Congratulations also to members of various committees:

Wellbeing committee: is responsible for organising our assembly gifts for families, setting up for school events, organising assembly raffles for people who have followed the school norms and many other jobs. The Wellbeing Committee members are Tamika, Jok, Emily, Khaleq, Emily-Ann, Ashlyn, Liam R and Adinda.

Liturgy Committee: is responsible for assisting Ms Williams, helping to organise Masses for the Middle School, assisting teachers with class Masses, leading Daily prayer and many other activities. The members are Mia, Liam R, Naimah, Lilly, Madi, Layshah, Sophie, Jayla and Roselia.

Media Committee: is responsible for being our school photographers, creating posters and invites for school events, submitting a newsletter article, setting up a news report each fortnight and many other jobs. The members are Declan, Madix, Owen, Abigail, Ella, Sienna, Lillee, Jade, Faith and Liam L.

We as a School Community look forward to working with each student and supporting them all on their leadership journey.

Parent “Meet & Greet”

Thank you to the families who attended the Parent Meet & Greet evening. The feedback was very positive and we are very much looking forward to the school year ahead.

Student Punctuality and Attendance

When children begin school they develop learning habits. These learning habits continue to develop throughout each learning year and these habits can affect learning achievements. Two important habits and life skills are attendance and punctuality. Very few people can argue with the correlation between attendance and school achievement. There is empirical evidence at a state, national and international level to prove that this relationship is true but, closer to home, our own achievement data and student report information clearly demonstrate that, as a general rule, the more time students spend at school, the better they will do.

We need to maximise every day to get full value – this means turning up to school every day and on time. When students arrive late and take time to settle, valuable learning time is lost. When students are absent from school they miss work (which they seldom makeup) and also miss important interactions with their peers.

It is now commonplace for children to stay away from school for reasons that would have been unheard of 20 years ago. These include:

- Their own or a sibling's birthday
- Stayed up too late watching TV
- Going shopping for clothes
- An extended long weekend
- Not wishing to participate in a sports day, special school event or excursion

This sends a strong message to children that their parents neither value learning nor the school experiences. It is difficult to resist the persistent pressure that children can exert on parents, but parents need to be strong and send their children to school every day, on time and ready to make the most of school experiences. In conclusion, it is reassuring to know that parents increase their children's chances of future success just by making sure they turn up to school every day. This important habit and regular school attendance also prepares young people for the workforce where it is expected that they turn up each day ready for work! Absentee notification – please ring front office by 9.30 am.

Principal's Report

Arrival Time

It has been brought to my attention that several children are arriving at school after the morning bell. This is very disruptive for classes and not a good beginning for the child. We understand that on the occasional day things do not run smoothly at home or travelling to school but we stress the importance of arriving at school **between 8.30am - 8.45am** to ensure that classes can begin promptly at **8.50 am**. Parents too should be clear of classrooms by **8.50 am** or move out of classrooms as soon as they hear the bell. **If we truly value children's learning then we must make the most of every minute of their classroom learning time!** Gates will be opened at 8.30am and locked at 9.00am in the morning and re-opened at 2.45pm and locked at 3.20pm in the afternoon.

Annual General Meeting (AGM) - Wednesday 20 March in the Jubilee Hall at 6pm

Each year we have an Annual General Meeting where the School Board, Parents & Friends and School reports on the progress and achievements of the previous year are presented, discussed and celebrated. I extend an invitation to families of the St Thomas More School community to attend.

School Board Nominations

We have already received (THANKYOU) and are currently calling for further nominations for St Thomas More School Board for 2019. Here is an outline of the Board's responsibility.

The responsibility of the School Board is:

- * To work in a spirit of partnership for the development of policies that nurture the religious and community dimensions of the school
- * Further develop the relationship between the school and the local Church
- * Financial stewardship
- * Support the administration of the school
- * Pastoral care of the school community
- * Promote community development and involvement within the school

The School Board meets on a Wednesday evening, 2 meetings per school term.

If you would like more information feel free to contact the Front Office.

Parents and Friends (P&F)

We have received (THANKYOU), but are also calling for MORE nominations for St Thomas More's Parents & Friends Committee for 2019. **ALL** parents and friends are warmly invited to become an **active** member of this important group. The role of this committee in our school is to provide opportunities for our community to meet, socialize, provide hospitality, support and raise funds for our school.

PLEASE CONSIDER BEING AN 'ACTIVE' MEMBER OF THE ST THOMAS MORE SCHOOL COMMUNITY BY NOMINATING TO BE ON THE SCHOOL BOARD, PARENTS & FRIENDS, CANTEEN OR VOLUNTEERING TO ASSIST IN ANYWAY.

2019 RECEPTION TERM 3 ENROLMENTS

Limited places available. If you have or know of anyone who has a child turning 5 before the 31 October 2019, Please complete and lodge an enrolment form at the Front Office.

2020 RECEPTION ENROLMENTS

Places available. If you have or if you know of anyone who has a child turning 5 before May 1 2020, please complete and lodge an enrolment form at the Front Office.

Working in Partnership

Chris Platten

Principi's Report



Traffic Alert!

Dear Parents/Caregivers

We need to re-visit the dropping off and pick-up of your child/children each day.

Very often Staff on yard duty and some concerned parents witness incidents on the road and pick up areas involving parents and caregivers before and after school.

Sometimes we see:

- ~ Parking where there are no designated car parks. This means that students and parents who wish to cross the road do not have clear vision of on-coming traffic.
- ~ Parents stopping their cars in the middle of the road or across marked yellow lines and calling their children to come to the car and holding up traffic behind.
- ~ Parents parking on the opposite side of the road and calling their children to cross the road. Remember there are no lights there and children crossing without parents are at risk because of the illegal behaviour of some parents. Children are dodging illegally parked cars and the cars stopping at random in the middle of the road.
- ~ When dropping children off parents allow them to get out of the car on the road side instead of the kerb side thus stepping into traffic.
- ~ Parking at an odd angle so that there is an obstructed view of traffic trying to turn the corner again causing a hazard for the children.

Please take the time to drop your children off safely. While it will take an extra minute or two on some days, it is the safest way for the children to be collected from school. If your child is not ready to be collected please do not block up traffic waiting for your child. Either drive around the block and go to the back of the queue or park and come into the school.

We constantly talk to the students about making good choices that keep themselves and others safe and we appeal to all parents to follow safe driving practices so that all the children are kept safe. It is also about parents setting good examples for their own children about obeying road rules and responding to requests from the school about engaging in safe practices. Where the safety of all children is concerned, staff on yard duty will be insisting that all in our community follow these safe practices.

We thank you for your support in this.

Working in Partnership

Chris Platten



dreamstime.com

Deputy Report

Dear Families

National Day of Action against Bullying and Violence: A Whole School Approach



Violence

Violence is any action or word intended to cause hurt, emotional or physical, to a person, to groups of people, or to oneself. Violence is often directed at a person or people because of their gender, race, sexual orientation, or physical and mental abilities. Violence is using power to control another person through subtle and not so subtle ways.

School culture can both promote and support violence or it can evolve a culture and socialization process that promotes and sustains healthy violence-free relationships.'

Sourced from: <https://www.unicef.org/teachers/protection/violence.htm>

The above extract is from a UNICEF website discussing violence in schools. Friday March 15th is National Day of Action against Bullying and Violence. Our school is undertaking a number of initiatives to promote this day such as a class survey, a competition, and a student written pledge. We believe in having a whole school united approach, where every member of our community is hearing and internalising the same message that it is not okay to use violence or bullying tactics at school, or anywhere for that matter.

Most of us realise that conflict is a natural part of our lives, but it is how we deal with it that determines the outcome. This is a challenge for schools, as children need to be taught skills to handle situations involving conflict. Our highly skilled teachers will also be using resources supporting this focus and aligned with the Australian Curriculum aimed at teaching explicit skills around conflict resolution and approaches that students can use if they feel they may be faced with a problem that could escalate into a violent situation. One of these strategies is to get assistance from a teacher or staff member rather than to involve themselves in an argument or fight. Through the Trauma Sensitive Schools Program, our students have learned many calming strategies which can also aid them in dealing with conflict.

Through this teaching and with everyone receiving the same message, we believe that all of our students are capable of making positive choices, using the strategies they have learned to resolve their problems, rather than to use violence. At St Thomas More School we aim to have a peaceful environment, built on self-awareness, trust, partnership with families, but most importantly, by eliminating violence. We seek your support in reinforcing this most important message at home.

Regards

Sonia Kilmister

Acting Deputy Principal

APRIM Report

Sacramental Program

Thank you to our families that attended our first sacramental meeting and who have now enrolled their children in the program. For those who have missed this meeting but are still interested, it is not too late. Please contact me at school on 8255 1699 or email lwilliams@sttmore.catholic.edu.au if your child/ren are interested. A reminder that they must be 7 or older to participate.

Whole School Mass

Thank you to the Year 5/6JB for our first Mass for 2019. It was lovely to see our school community come together and think about how we can all be leaders and how we can care for each other. Thank you to Father Pat and our staff that helped with the blessing of our students and we welcomed our staff for 2019 through a commissioning ceremony.



Week 6 Celebrations

Next week we begin our journey into Lent and Easter by celebrating Shrove Tuesday and Ash Wednesday. Shrove Tuesday, can also be called Pancake Day, is the day before Ash Wednesday, which is the commencement of Lent in the Catholic Church. Shrove Tuesday is a reminder that we are entering into a sense of penance. On Tuesday morning we will be gathering as a school to begin our Lenten journey, then we will return to our classes to enjoy some pancakes and activities.

Ash Wednesday opens Lent, a season of fasting and prayer. Ash Wednesday takes place 46 days prior to Easter Sunday. Ash Wednesday includes wearing an ash cross on our foreheads with the ash symbolising the dust from which God made us. So let's begin this season of Lent with penance, reflection and fasting.

What would you say as your penance and what will you give up for Lent?

Gospel

Matthew 6:5-6 (Jesus teaches us about prayer).

A reading from the Holy Gospel according to Matthew

Jesus said to the crowds, "When you pray, do not be like the hypocrites! They love to stand up and pray in the houses of worship and on the street corners, so that everyone will see them. I assure you, they have already paid in full. But when you pray go to your room, close the door, and pray to your Father, who is unseen. And your Father, who sees what you do in private, will reward you."

The Gospel of the Lord.

Regards

Leah Williams

Acting APRIM

Physical Education Report

SAPSASA Swimming Carnival 2019

Last Friday, 22nd February, St Thomas More competed in the Playford District SAPSASA swimming carnival at the Elizabeth Aquadome. A small team of 8 students represented the school at the carnival.

The students proved themselves to be very competitive amongst strong opposition, each swimming in a variety of races and achieving great results.

Thank you to Emma Fullton and Kerry Oates for helping out with transport and assisting with the organisation of the day.

The school Swimming Team consisted of; Liam C, Aedan M, Bailey T, Declan J, Seth W, Marisa D, Ashlyn D and Ellaousie F.

Well done everyone!

P.E. Coordinator

Fabian Chevalier



Counsellor's Corner

Dear Parents/Caregivers

Welcome to the 2019 School Year. I would like to begin by introducing myself. My name is Sandy Ahearn, and I have had the privilege of being the school counsellor at St. Thomas More School since January 2008. Parents and caregivers often ask me to share with them tips or ideas on a number of issues impacting families. Therefore, I am happy to let you know that I will provide a topic of interest twice a term in our school newsletter. This will include links to websites, parenting courses/newsletters and other items of interest.

This week's topic is "**Bullying**".

We are very pleased to inform you that St. Thomas More School will be taking part in the National Day of Action against Bullying and Violence on Friday 15th March. The day of Action is a great platform. However, the issue of bullying needs to remain in the forefront, and tackled on an ongoing basis...not just a 'one-off' event. Therefore, our classes will be undertaking a number of initiatives to promote this day and to raise awareness through teaching and learning activities. This includes a survey by students, a competition to design a "no bullying" badge, and also each class to undertake designing a pledge to no bullying, which will be displayed in classrooms. The winner of the badge will be announced at assembly on the 8th March 2019. As we know, all children (in fact all people), will from time to time, disagree or have different points of view. This is normal and acceptable, and part of learning to interact with others.

However, the national definition of bullying for Australian schools says:

*Bullying is an **ongoing and deliberate misuse of power** in relationships through **repeated** verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening. Bullying can happen in person or online, via various digital platforms and devices and it can be obvious (overt) or hidden (covert). Bullying behaviour is **repeated**, or has the potential to be repeated, over time (for example, through sharing of digital records)*

Bullying of any form or for any reason can have immediate, medium and long-term effects on those involved, including bystanders. Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.

We have a no bullying policy at St. Thomas More, and this message will continue throughout the year and into the future.

Education Services Australia has created the Australian Student Wellbeing Framework to support Australian schools to promote positive relationships and the wellbeing of students and educators within safe, inclusive and connected learning communities. For more information please visit: www.bullyingnoway.gov.au, or www.studentwellbeinghub.edu.au

In addition, the Government, in partnership with Beyond Blue, recently launched *Be You*, an online platform that offers tools and strategies to support the mental health and well-being of young Australians.

www.cyh.com.au also offer many resources and strategies to help young people with an array of different topics. It is designed in 'child friendly' language that is easy to follow and non-threatening to young users.

Alternatively, or in addition, you are most welcome to speak with me at the school if you have any concerns on this, or any other issue.

I am available at the school on Mondays, Wednesdays and Thursdays.

Warm Regards

Sandy Ahearn

School Counsellor



**Parent
Coffee
Chat**

Join us for a cuppa - every Tuesday morning
8.30am at the canteen - All welcome!



Please return to the Office

I wish to nominate _____ to serve on
the St. Thomas More School Board

Nominee's Signature _____

I wish to nominate myself _____ to serve on the St.
Thomas More School Board in 2019

Signature _____

I wish to nominate myself _____ to serve on the St.
Thomas More School Parents & Friends Association as a:

Signature: _____



Centacare

Seasons for Growth

When children experience change and loss after separation or divorce, research shows they can benefit from learning new skills to help them cope with the changes.

**An 8 week program of 45 min sessions
Helping children (ages 6-10) to manage family
separation and loss**

Seasons for Growth focusses on developing strengths in areas such as:

- Self-esteem
- Managing feelings
- Problem solving
- Coping with family change



The workshop is an activity-based small group program run by trained 'companions' for children. It is not counselling but builds skills and resilience.

Venue:

Centacare
45 Wakefield Street
Adelaide, SA 5000

Time: 4:00pm – 5:00pm



Dates:

Tuesday 07 May 2019
Tuesday 14 May 2019
Tuesday 21 May 2019
Tuesday 28 May 2019
Tuesday 04 June 2019
Tuesday 11 June 2019
Tuesday 18 June 2019
Tuesday 25 June 2019

If you think this workshop could benefit your child and you would like further information, please ring Centacare on 8215 6700 and ask to speak to a facilitator from the Parent Education Team.

This project is jointly funded by Centacare Catholic Family Services and the Department of Social Services

www.centacare.org.au

April 2019

NEXT STEP PROGRAM



5-8 year olds | \$90

Monday 15 April, Adelaide Oval
9am – 12pm OR 1pm – 4pm
Restricted to 120 registrations per session.

9-14 year olds | \$110

Tuesday 16 April, Adelaide Oval
9am – 2pm
Maximum 125 registrations.



Each participant will receive:

Personalised Guernsey, football, drink bottle,
SANFL Statewide Super League Grand Final
Family Pass & other awesome goodies.

Register before 25 February, for your chance to be
one of the 2019 SANFLW Grand Final Medal Presenters



REGISTER NOW

