



# St Thomas More School NEWSLETTER

Term 1 Week 9 Thursday 28 March Website: [www.sttmore.catholic.edu.au](http://www.sttmore.catholic.edu.au) Email: [info@sttmore.catholic.edu.au](mailto:info@sttmore.catholic.edu.au)

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.

## Upcoming Events

**Friday 29 March**  
Assembly in Jubilee Hall  
4/KJ to lead

Stations of the Cross  
Friday at 3pm  
@ St Thomas More  
Church

**Tuesday 2 April**  
Principal Tour 10am

**Wednesday 3 April**  
Breakfast Club 8.30am  
ELY Preschool 9.30am

**Monday 8 April to  
Wednesday 10 April**  
Year 5/6 Camp

**Term 1 finishes on  
Friday 12 April  
at 3.00pm**

**Term 2 commences on  
Monday 29 April  
at 8.50am**

St Thomas More School

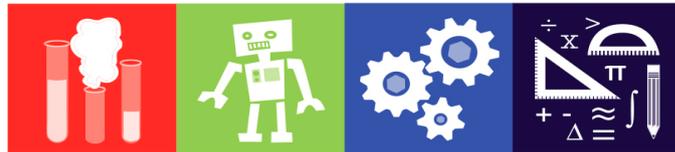
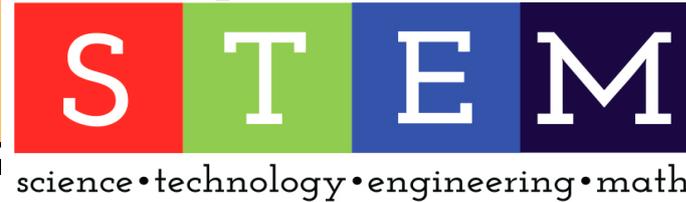
Principal  
Mr Chris Platten

Acting Deputy Principal  
Mrs Sonia Kilmister

Acting APRIM  
Ms Leah Williams

Telephone: 8255 1699  
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OSHC: 8255 1626

## YEAR 1/2 CROSSLEY

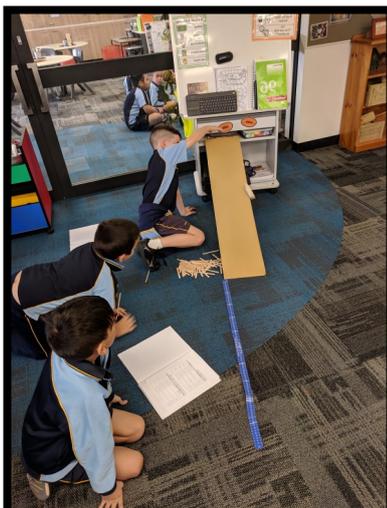


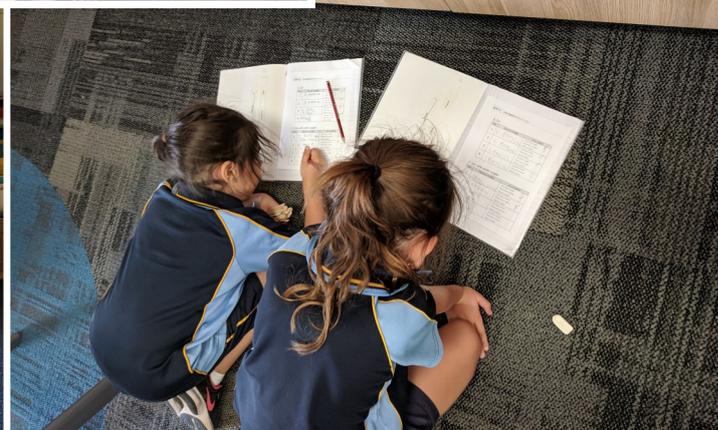
### Ramp Champ Investigation

In 1/2 Crossley we combined our maths learning in measurement with engineering skills. Our class worked in teams to build and test ramps. We had to change the incline of the ramp and the weight of the car to see which set of conditions allowed the car to travel the greatest distance.

#### We were learning to:

- Identify and test a suitable unit of measurement for the distance a toy car travels off the end of a ramp
- Conduct trials, measuring and recording the distances a toy car travels off the end of a ramp, with different variables
- Describe the trials and explain results





1 Car

Test	Distance travelled	Is it a metre?
1	4 POP STICS	Less than a metre <input type="checkbox"/> More than a metre <input checked="" type="checkbox"/> About a metre <input type="checkbox"/>
2	5 POP STICS	Less than a metre <input type="checkbox"/> More than a metre <input checked="" type="checkbox"/> About a metre <input type="checkbox"/>
3	4 POP STICS	Less than a metre <input type="checkbox"/> More than a metre <input checked="" type="checkbox"/> About a metre <input type="checkbox"/>
4	6 POP STICS	Less than a metre <input type="checkbox"/> More than a metre <input type="checkbox"/> About a metre <input checked="" type="checkbox"/>

2 Car with extra weight

Test	Distance travelled	Is it a metre?
1	5 POP STICS	Less than a metre <input type="checkbox"/> More than a metre <input checked="" type="checkbox"/> About a metre <input checked="" type="checkbox"/>
2	6 POP STICS	Less than a metre <input type="checkbox"/> More than a metre <input type="checkbox"/> About a metre <input checked="" type="checkbox"/>
3	5 POP STICS	Less than a metre <input type="checkbox"/> More than a metre <input checked="" type="checkbox"/> About a metre <input type="checkbox"/>
4	6 POP STICS	Less than a metre <input type="checkbox"/> More than a metre <input type="checkbox"/> About a metre <input checked="" type="checkbox"/>

## Principal's Report

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

### Annual General Meeting

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Thank you to the people who attended the Annual General Meeting (AGM) on Wednesday night, March 20. It is now widely recognised through research done on schools where students are happy and doing well, that the partnership that exists between teachers and families is crucial in bringing about the 'excellence in schooling' that is our goal. Please continue to be involved in your child's schooling and let your child's teacher know about the positive ways that your child is learning and also if there are any concerns. We want your child to be happy coming to school so that they can learn to the best of their ability. Please keep in mind that we are partners, we can do this better by working together!

If you were unable to attend the meeting, reports are available from the Front Office or on our webpage: [www.sttmore.catholic.edu.au](http://www.sttmore.catholic.edu.au)

### Parents and Friends

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As a parent with children enrolled at St Thomas More School you are automatically a member of the Parents & Friends, however we ask you to be ACTIVELY INVOLVED. At the Annual General Meeting we received and accepted nominations from Jess Cooper, Shannon Way, Catherine James, Krystal Chandler and Alison Duke. We would love your support to help build our community to become the most welcoming, supportive and friendly community possible. You are encouraged to attend as many meetings as you are able to. Dates and times will be sent out shortly, please check our Facebook page.

### School Board

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Wednesday night March 20 at the Annual General Meeting we welcomed Tamika Campbell (Treasurer), Lydia Agius, Jess Cooper, Jan Marie Lamb, Alison Duke (Chairperson), Hayley Sterry, Fiona Porter (Deputy Chairperson), Junus Noori, Sue Dixon (Finance Manager), Kerry Oates (Secretary), Molly Jefferys (Staff Representative), Chris Platten and Sonia Kilmister (School Leadership) to the 2019 School Board. Our first Board meeting was held on Monday, March 25 at 6.00 pm.

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

Please bring to their attention any queries you may have relating to the whole school.

We farewell the retiring members of the School Board, Leanne Luppino (2018 Chairperson) and Sara Ownsworth. On behalf of the school community we extend our thanks to them for their efforts and commitment.

## Principal's Report

### Uniform

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As we approach the end of the first term it is time for new uniform reminders. Generally the students are wearing correct uniform and look very smart. Winter uniform is worn in Terms 2 and 3. Please remember that black leather school shoes are to be worn at all times other than when sports uniform is worn. Please enquire at the front office if you are unsure about any aspects of the winter uniform.

### Communication

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Please view our website [www.sttmore.catholic.edu.au](http://www.sttmore.catholic.edu.au), our St Thomas More School Facebook page and Seesaw page.

### End of Term arrangements - Beginning of Term 2 arrangements

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#### END OF TERM ARRANGEMENTS ARE:

- Term 1 finishes on Friday 12 April at 3.00pm

#### BEGINNING OF TERM 2 ARRANGEMENTS:

- Term 2 commences on Monday 29 April at 8.50am

Working in Partnership,

Chris Platten



**EASTER  
RAFFLE**

HELP US RAISE FUNDS  
FOR OUR SCHOOL VEGGIE  
GARDEN AND COOKING PROGRAM.

\$2 PER TICKET OR 3 FOR \$5  
DRAWN TERM 2 WEEK 1 ASSEMBLY

The poster features a photograph of children in school uniforms working in a garden bed. The text is set against a pink background with white and yellow accents.

### 3 GREAT EASTER BASKETS TO BE WON

1st, 2nd & 3rd prizes to give away

\$2 per ticket or \$5 for 3 tickets

*Tickets can be purchased at the front office*



## Deputy Report

Dear Parents and Caregivers



### **NAPLAN Online:**

*'The National Assessment Program – Literacy and Numeracy (NAPLAN) assesses literacy and numeracy skills that are essential for every child to progress through school and life. Students in Years 3, 5, 7 and 9 participate in the annual NAPLAN tests in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy. The assessment provides parents and schools with an understanding of how individual students are performing at the time of the tests. NAPLAN is just one aspect of a school's assessment and reporting process - it does not replace ongoing assessments made by teachers about student performance. NAPLAN also provides schools, education authorities and governments with information about how education programs are working and whether young Australians are meeting important educational outcomes in literacy and numeracy.'*

Sourced from <https://www.nap.edu.au/docs/default-source/default-document-library/naplan-on-paper-information-brochure-for-parents-and-carers.pdf?sfvrsn=2>

This year the NAPLAN Assessments will be in an online format, except for the Year 3 Written Test. If you are a parent or caregiver of a Year 3 or 5 child, you would have seen information which was sent home last week regarding this assessment. If your child is not in Year 3 or 5, it will probably still be of interest to you as your child will inevitably undertake this assessment at some point.

**The dates that the NAPLAN Assessments will take place are Tuesday May 14 until Friday May 17, which is during Week 3 of Term 2.**

If you would like to have a look at the different online tests from Year 3 – 9, then please visit the NAPLAN Assessment Public Demonstration website, which is easy to navigate and will give you an idea on the kinds of questions the children will be undertaking. The URL of the website is below:

<https://www.nap.edu.au/online-assessment/public-demonstration-site>

Further information about the new NAPLAN Online Assessment can be found at this link:

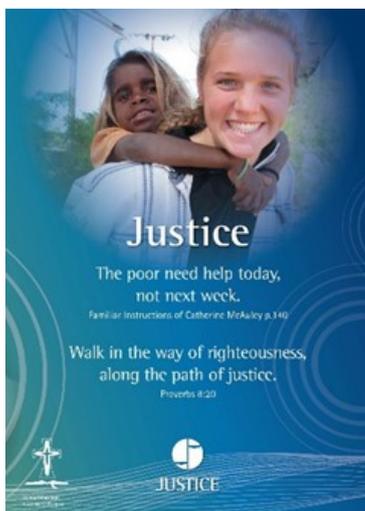
<https://www.nap.edu.au/docs/default-source/default-document-library/naplan-on-paper-information-brochure-for-parents-and-carers.pdf?sfvrsn=2>

If you would like any further information regarding NAPLAN online, please drop in to see me.

Regards,  
Sonia Kilmister  
Acting Deputy Principal

## APRIM Report

On Friday Week 7, St Thomas More staff, students and families celebrated Mission Day. We raised \$970.95 for Project Compassion and have approximately 12 shopping bags full of non-perishable food items for Moore Street Mission. Congratulations to all who were involved as not only is it lovely to be able to help others but we are also following two of our Mercy values:



### Justice

The poor need help today, not next week (Familiar Instructions of Catherine McAuley p.140)  
Walk in the way of righteousness, along the path of justice (Proverbs 8:20)

### Service

It is for God we serve the poor, not for thanks (Familiar Instructions of Catherine McAuley p.140)  
Serve one another with whatever gift each of you has received. (First Letter of Peter 4:10)



## Holy Week

Due to Easter falling in the school holidays, we will begin our journey to Easter in Week 11. See below for a timetable for our Liturgy and Stations of the Cross re-enactments. We would love to see you there.

Date	Event/Class	Time/Place
Monday 8 <sup>th</sup> April	Holy Week Liturgy	9.15 am Jubilee Hall
Tuesday 9 <sup>th</sup> April	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Station of the Cross	9.15 am Jubilee Hall
Wednesday 10 <sup>th</sup> April	4 <sup>th</sup> , 5 <sup>th</sup> , 6 <sup>th</sup> Station of the Cross	9.15 am Jubilee Hall
Thursday 11 <sup>th</sup> April	7 <sup>th</sup> , 8 <sup>th</sup> , 9 <sup>th</sup> Station of the Cross	9.15 am Jubilee Hall
Friday 12 <sup>th</sup> April	10 <sup>th</sup> , 11 <sup>th</sup> Station of the Cross	9.15 am Jubilee Hall
TERM 2 Monday 29 <sup>th</sup> April	12 <sup>th</sup> , 13 <sup>th</sup> , 14 <sup>th</sup> , 15 <sup>th</sup> Station of the Cross	Time to be confirmed Jubilee Hall

May you always feel God's love and presence in your life,

Leah Williams  
Acting APRIM

## Counsellor's Corner

Dear Families,

This week's topic is dealing with anger.

### [Helping children manage anger:](#)

Children need to learn that anger can be expressed in ways that are not hurtful to anyone including themselves.

**Managing anger is one of the biggest emotional issues that children face. Children who can learn to manage their anger have a head start on handling fears and other emotions.**

Currently, our society is undecided about how to handle anger. In fact, anger is discouraged as we see no place for it in homes, schools or communities. 'Civilised people don't get angry' seems to be the accepted wisdom so we tend to encourage children to bottle up anger rather than let it out.

Anger needs to be managed, rather than simply avoided. Bottling up feelings isn't the answer either. The angry feelings can simmer away, eventually spilling over into physical violence or hurtful verbal abuse.

Here are six steps that parents can use to help children of all ages keep their emotions in check, and respond safely when emotions run high.

**Understand it:** Help children understand the events and situations that trigger angry responses. These situations will vary, but may include, playing rough games, not getting their own way, and being teased by others. Help children to reflect on the events that trigger an outburst so they can take preventative measures. This type of self-knowledge is really helpful for older primary school children and teenagers.

**Name it:** Help children recognise the physical signs of anger, such as clenched fists and teeth, tension around their shoulders and heavy breathing. Then assist them to develop a vocabulary around anger. '*Mad as a snake*', '*about to lose it*', '*throwing a wobbly*' are some possibilities. Naming emotions promotes good emotional literacy in children.

**Diffuse it:** You need some strategies to diffuse anger and bring down emotional levels in children. Distraction and time out can be effective for toddlers with short fuses, and even shorter attention spans. For older children, parents can use diplomacy rather than discipline. You may need to give children some space on their own before attempting to talk. Listening to their story, and validating their right to be mad and focusing on feelings are some ways to diffuse anger. Sometimes knowing that someone else knows how you feel is enough to make anger melt.

**Choose it:** Help children understand that they do have a **choice** about how they respond to their anger. Help them recognise that we all have feelings – anger included, but the **behaviour that follows is a choice!** They may feel like lashing out, but they don't have to get physical or verbally aggressive when they get angry. Hitting, throwing things, and refusing to cooperate are the wrong ways to display anger. Help them understand that while you are on their side, they need to choose socially acceptable ways of handling anger.

## Counsellor's Corner

**Say it:** Encourage children to express how they feel with words, rather than bottle things up or become aggressive. The use of "I" statements is one way of letting others know how they feel, "*I feel really mad when you say nasty things to me*", "*I really don't like it!*" is one way of being heard and letting the anger out.

**Let it out safely:** Children need physical outlets for pent up anger. They may go for a run, walk or just take a break to let their frustration out. Some children may even pour their anger into a letter or drawing. Help children find legitimate, and safe, outlets for their anger.

Importantly, parents need to role model healthy anger management so children see firsthand how adults handle anger in mature ways. That means parents take time to listen to each other, talk things through and find healthy physical ways to let off steam when you feel yourself getting to boiling point.

Remind children, '*There is nothing so bad that we can't talk about it. However, there are behaviours that are not acceptable*'.

*Sourced from: Michael Grose Presentations: Parenting Ideas.*

Warm Regards,

Sandy Ahearn

School Counsellor

### St Vincent dePaul

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Can you help Fred's Van at Elizabeth?

Fred's Van is a service that provides a meal to those that are experiencing homelessness or those who are marginalised and suffering from difficult financial circumstances or challenging mental health issues.

We seek volunteers in the following area:

- Food rescue collector
- Shopper required for fortnightly shopping for our Sunday service at Elizabeth.

If you can assist or would like to know more please contact:

Teresa Branch Fred's Van Co-ordinator on 0419 857 966 or [tbranch@svdpsa.org.au](mailto:tbranch@svdpsa.org.au)

