

13th February 2020

Issue 2

St Thomas More Catholic Primary School

Principal's Report



*Gracious God,
My love for you grows daily
Whenever I witness an act of kindness or receive an unexpected gift, I am
reminded of your expansive heart.
Even during times of sadness or heartache, I take comfort in knowing that
nothing can separate me from your love.
Let this love in us flourish so that I reflect your compassion and mercy in all
that I say and do.
In gratitude and grace, we pray,
Amen.*



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Margaret River WA 6285
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www.stmcps.com

Absentee Number: 9758 8042

The Vine



Dear Parents and Carergivers,

Parent Information Evening

Thank you to all the parents who came along to our Parent Information evening on Monday night. We hope this was an informative and worthwhile opportunity to find out about what will be happening over the course of the year in the classrooms and allow the opportunity for questions to be answered. Please remember to make an appointment to speak to your teacher should you ever have any questions or concerns.

Tommy More Playgroup

Next Monday, we will once again be offering our playgroup to children from 0-3 years of age. It will run from 9:00 - 11:00am in the room next to Kindy. Educational activities will be provided by a qualified Early Childhood teacher, along with the opportunity to make some new friends and have a cup of coffee. Please bring a piece of fruit and a gold coin donation.

Allergies and Anaphylaxis

As there are children enrolled at St Thomas More who have allergies to a variety of substances, we ask that children do not share food at school. We appreciate your support in avoiding sending any foods that contain NUTS and foods that individual class teachers may have highlighted. A few children may experience very serious and even life-threatening symptoms if exposed to these foods.

Also please do not bring in dogs or other pets to the school. Thank you for your support with this matter.

Continued over

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Student Medication

If your child requires medication to be taken during school hours, it is important that you complete an 'Student Medication Request/Record' form which is available from the office.

- Medication is to be delivered to the School Office by the parent/guardian in its original pharmacy labelled container. Please be aware that parents are responsible for delivering prescribed medications to the school and collecting it at the end of the day.
- The label on the original medication or a special letter outlining medication from the doctor must clearly state: (i) the name of the child (ii) the dosage and times required.
- All medications are stored either in the school office/medical room or in a locked cabinet in the classroom, except where either refrigeration is required (e.g. antibiotics) or in the case of self-administered asthma reliever medication.
- Asthma medication (reliever puffers only) may be kept by a child for self-administration, only when parents/guardians have notified the school and given permission via the Student Medication Request/Record form.
- It is the parent's responsibility to collect any 'out of date' medication for safe disposal. It is also a parent's responsibility to collect any unused medication at the completion of treatment.
- Parents/guardians must notify the School Office and complete a new Student Medication Request/Record form if there are any changes to details such as dosage or type of medication

Ways to Assist Your Child to Succeed at School

A new school year means a fresh start for students. Regardless of your child's performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours. Here are seven ideas from Michael Grose to help you make the most of the fresh start and make this year your child's best year ever at school.

7 Ways to Make a Sensational Start to the School Year - By Michael Grose

1. Commit to your child going to school every day on time. One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. Help kids start each day well. A good night's sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time to get up, eat and get ready for the day.

3. Establish work and study habits. The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school's expectations. Find out the work expectations from your child's school and help them establish a work routine that matches their personality, lifestyle and family style. Be flexible here as one size doesn't fit all when it comes to study routines.

4. Make sure your child gets enough sleep. I encourage you to make a big focus as this year as many children and young people are sleep deprived, which impacts on their well-being and their learning. A good night's sleep consolidates learning, as well as assisting future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bed-time and get-up time each day. Have 45-minute wind-down time each night and remove screens and mobile phones from bedrooms.

5. Get your kids outside more for good physical and mental health. Kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage kids to play sport; promote free and active play and look for ways to make moving part of their daily lives. Consider increasing your child's green time and decreasing screen time for good physical and mental health.

6. Focus on being friendly. Schools are very social places requiring kids to negotiate many different social situations each day. Encourage kids to be open and tolerant; to be friendly; to be involved in plenty of activities and to be social risk-takers. Some kids close down their friendship opportunities through self-centredness, poor attitude and unwillingness to take social risks.

7. Develop self-help skills. Successful students are often well-organised, self-directed and self-motivated. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their everyday lives. Also use visual parenting techniques to aid organisation and encourage independence. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school. At the start of the school year kids are likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really target and you'll find that the rest may well fall into place.

I wish everyone a wonderful week ahead.

Peace and best wishes,

RUSSELL WYLIE
PRINCIPAL

Assistant Principal News

We were saddened to hear of the sudden death of a past father of our school, Manuel Escurel, on the 5th of February. We keep in our prayers the Escurel family, especially his wife Evangeline and two sons Jorge and Josh during this sad and difficult time.

*Eternal rest grant unto him, O Lord,
and let perpetual light shine upon him.
May his soul and all the souls of all the faithful departed,
through the mercy of God,
rest in peace.
Amen.*

Sacramental Dates for 2020

If you would like your child to receive the Sacrament of Reconciliation, Eucharist or Confirmation this year at St Thomas More Catholic Church, please note the dates below. **Dates in bold have been changed from last week.** A form will be sent home with the children in Years 3, 4 and 6, please return this to your child's teacher no later than **Friday 21 February**.

Commitment Mass for students receiving a Sacrament will be at the following Masses:

Sacrament of Reconciliation – Sunday 15 March at 1000am
Sacrament of Eucharist (Holy Communion) – **Sunday 7 June at 10.00am**
Sacrament of Confirmation – Sunday 13 September at 10.00am

Celebration of Sacraments:

Reconciliation – Tuesday 24 March at 5.30pm
Eucharist (Holy Communion) – **Sunday 14 June at 10.00am**
Confirmation – Sunday 20 September at 10.00am (Bishop Holohan celebrating)

Parent and Child Workshops:

Sacrament of Reconciliation – Thursday 5 March at 5.30pm
Sacrament of Eucharist (Holy Communion) – Thursday 4 June at 5.30pm
Sacrament of Confirmation – **Thursday 27 August at 5.30pm**

Beginning of Year / Ash Wednesday Whole School Mass

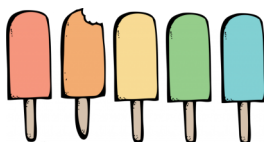
Our first Whole School Mass for the year will be held on Wednesday 26 February at 9.00am. This celebration will be a combined 'Beginning of Year' and 'Ash Wednesday' Mass. This celebration will welcome all new and returning families to St Thomas More Catholic Primary School and help us to reflect upon the year ahead. We invite all parents, families and friends to join us in this celebration.

God bless,

NICOLLE ACHMAD
ASSISTANT PRINCIPAL

The School Canteen
is open on
Fridays at Lunchtimes
selling Icy Poles.

All items are \$1.00



Thought of the Week

is patient
is kind
it does not envy
it does not boast
it is not proud
it is not rude
it is not self-seeking
it is not easily angered
it keeps no record of wrongs
it does not delight in evil
it rejoices with the truth
it always **Protects**
it always **Trusts**
it always **Hopes**
it always **Perseveres**
Never Fails
1 Corinthians 13:4, 7-8

A Healthy Lunchbox

Healthy lunches and snacks are important for keeping active kids alert and focused and providing them with the nutrition they need every day.

A healthy lunch box should include:

- Fruit – at least one serve of fresh seasonal fruit. If you don't have fresh fruit, canned (in natural juice) is a good substitute. Dried fruit is high in sugar and should be avoided.
- Vegetables – vegetable sticks, salads or a mix of raw (with dip) or grilled vegetables.
- Dairy – one serve of milk, yoghurt or cheese supports optimal growth and development in children. If your child can't tolerate dairy provide a suitable alternative.
- Protein – lean meat or poultry, fish, eggs, tofu and legumes/beans.
- Grain foods – wholegrain and high fibre varieties are best.
- Water – the best drink to keep children hydrated.



Remember, children who help plan and prepare their own lunch are more likely to eat it.

Your child might like to try out this fun, 'Interactive Lunchbox' website:

www.goforyourlife.vic.gov.au/hav/articles.nsf/html/index.html



The **Uniform Shop** is open on
Tuesday afternoons only
between 1.30pm and 3.00pm.

Absentees



A reminder to parents that there is a simple way to let us know your child is absent from school, while providing a note at the same time. Jump on our app or website!

There is an easy online form that can be completed and it is directly emailed to the school. Too easy! Either download our school app – **Connected** (password is **Wisdom19**) or visit our website <https://stmcps.wa.edu.au/> and go to the Communication tab to select Online Absentee.

You can also ring the school on the Absentee line on 9758 8042 and leave a message of the child's name, class and reason for absence and then send a note in with your child when they return to school.

Friday 14th February

8.45am Merit Assembly

Monday 17th February

6.30pm Board Meeting

Tuesday 18th February

11.00am Year 5 Reconciliation

Friday 28th February

Pupil Free Day

Monday 2nd March

Labour Day Public Holiday

Important Dates

Health Care Card Tuition Fee Discount Scheme — Time to renew your application.

Parents/guardians who are responsible for the payment of school fees and hold a current means tested family Health Care Card or Pensioner Concession Card will be entitled to a discount on tuition fees only. The discounted tuition fee per student for 2020 will be as follows:

- \$300.00 per year for Primary students (Kindergarten - Year 6).

The discounted tuition fee does not cover additional charges such as camps, the compulsory building levy and subject levies. Eligible cards must fit the scheme's means testing requirements, e.g., PP (Parenting Payment (partnered)), FA (Family Allowance), LI (Low Income), NSA (New Start Allowance), PA (Partner Allowance), SA (Sickness Allowance), SL (Special Benefit), WA (Widow Allowance) and MAA (Mature Age Allowance).

Application forms are available at the office.

Forms must be completed by **Friday 14th February** to gain the Tuition Fee discount.

Forms received after this date may not qualify for discount.

Parish News**Masses****St Thomas More Catholic Church - Margaret River**

- Saturday - 6.00pm
- Sunday - 10.00am

Lumen Christi Catholic Church - Augusta

- Sunday - 8.00am



**Pilgrimage of St Therese of Lisieux and her parents Ss Louis and Zélie Martin
Bunbury Diocese Thursday 30 April – Monday 4 May 2020**

**Our Lady's Assumption Church, Mandurah
St Patrick's Cathedral, Bunbury
Carmelite Monastery, Gelorup**

Midday 30 April to 9.30am 1 May
Midday to 4.30pm 1 May
5.30 – 8pm 1 May
8.00am to 11.00am 2 May
Midday 2 May to 3.00pm 3 May
5.30pm 3 May to 1.30pm 4 May

**St Patrick's Cathedral, Bunbury
Our Lady of the Bay Church, Busselton**

During the time in each Parish there will be a celebration of the Eucharist, opportunities for individual Penance/Reconciliation, various devotions, veneration of the relics, liturgy of the hours, all night vigils, meditation, information about the Saints and their spirituality, rosary. Families, groups, students and individuals are invited to participate.

Please contact Deborah for assistance with accommodation and any further information.

Check Catholic Mission website to follow the journey and find educational materials
<https://www.catholicmission.org.au/relics-of-saint-th%C3%A9r%C3%A8se-of-lisieux>

Deborah Robertson
Diocesan Director - Bunbury
Mobile: 0474 928 765



GOVERNMENT OF
WESTERN AUSTRALIA

WA Country Health Service

Naturaliste Community Health 2020

Immunisation Service January - July



Bookings are available for Appointment sessions

Please call Community Health services on 9753 6478.

This is a free service, please bring your Medicare Card
and child's purple book.

Margaret River

Tuesday AM - 9.30am to 12.00 midday

Tuesday PM - 2.00 to 4.00pm

<u>Month</u>	<u>Open Tues AM</u>	<u>Open Tues PM</u>
January	14th	28th
February	11th	Cancelled
May	12th	26th
June	9th	23rd
July	14th	28th

MARGARET RIVER

Margaret River Resource Centre, Tunbridge Street,
(turn at Information Centre)

OPEN Clinics: no appointment required

PHONE: 9753 6478 for queries - please leave a message if
phone is unattended.