

St Thomas More Catholic Primary School



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Absentee Number: 9758 8042

The Vine



Principal's Report

Prayer for First Week of Lent

*Loving Father of Jesus and our own Father,
lead us during this Lent
through the desert we face each day.
We come with humility and openness
to recognise and name our temptations
as Jesus did in the desert.
Send your Holy Spirit to help us in this task
and with the challenge we face
of walking the path of truth, love and justice.
These things we ask through Christ our Lord.*

Amen



Dear Parents and Caregivers,

Ash Wednesday

Yesterday, the school community joined together with the parish to celebrate the beginning of Lent with Ash Wednesday. During the Mass, we were reminded of the importance of prayer and what the words 'to repent' actually means. We had our foreheads marked with ashes in the shape of a cross symbolising that the person belongs to Jesus Christ, who died on the cross. Lent is a time for strengthening our faith, a time to reflect on who we are and where we are going. It is a time for quietness and prayer, a time for penance and meditation, a time for reflection on how the Church gives us the opportunity to address the important elements of our life in a practical way. Lent provides many opportunities for people to choose to do renewing activities, such as visiting someone who is lonely, remembering to pray regularly, attending Mass again, choosing kindness over anger or telling people you love them more often. We need to remember that if we are choosing to do something this Lent, it needs to lead us to a positive change, which in turn has a positive effect on the people around us.

Teachers have asked their classes to think about what they might like to give up this Lent and make some promises during this time. If the children do keep these promises, there should be some really happy parents out there!!

Term Focus - Compassion

As a school, we have a focus each term to help us think about others and our duty to show compassion, understanding and grace. We then try to link this focus to an outreach program to assist others in our community. This term's focus is Compassion. We encourage the students to show this to each other, to forgive and try to understand different points of view, circumstances and backgrounds. Often there is a lot more to someone's story than is visible on the surface and we encourage the students to try to remember and accept this.



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Earlier in the term, Project Compassion boxes were sent home with each child and we encourage families to fill these boxes over the Lenten period and donate to help not only people within Australia, but also those struggling in other countries. Our Social Justice Leaders, Bella Fairbrass and Lisa Botha, spoke at assembly about the importance of supporting this cause and will continue to support the children in their understanding of what compassion means and how we can live this in our daily lives. These boxes will later be collected and forwarded onto Caritas Australia so they can help people both in Australia and other countries of the world.

P&F Sundowner

Next Friday 6th March, the P&F will be hosting a Sundowner to welcome everyone back for the year. Starting from 3:30pm, we invite all families to come along, catch up with some old friends and make some new ones. Food is available through the pre-order slip that was sent home. We look forward to seeing lots of families come along!

School Chaplaincy Worker

I am pleased to welcome Miss Laurissa Knowles to our staff as our School Chaplaincy Worker. Laurissa is highly qualified and experienced in this area and is excited to begin working with students and families. Laurissa will be available on Thursdays and is happy to support the pastoral needs of all our community members. If you would like for either your child or yourself to speak with Laurissa, please book an appointment through the office.

Pupil Free Day

A reminder to families that tomorrow, **Friday 28th February**, will be a **Pupil Free Day**, as the staff undertake some professional development. Monday 2nd March is also a Public Holiday for Labour Day, so we look forward to seeing the students return on **Tuesday 3rd March**.

I wish all families a wonderful week ahead and a restful long weekend.

Peace and best wishes,

**RUSSELL WYLIE
PRINCIPAL**

Congratulations!

School Merit Award Winners Week 3



Pre-Primary	Byron Mountford
Year 1	Benji Young
Year 2	Natalie Wolf
Year 3	Max Cooke
Year 4	Dulcie Morrison
Year 5	Eloise Ride
Year 6	Hamish Walsh

Friday 28th February
Pupil Free Day

Monday 2nd March
Labour Day Public Holiday

Thursday 5th March
5.30pm Sacrament of Reconciliation Parent/Child Information Night

Friday 6th March
8.45am Year 6 Assembly

Important Dates

Assistant Principal News

Dear Parents,

Welcome to Lent 2020!

We are embarking on a journey from the ashes of Lent to the fires of Pentecost; a holy time of renewal and transformation that centres on the dying and rising of Jesus and our own sharing in that mystery.

Lent prepares us to renew our Baptismal commitment at Easter, and this commitment becomes our mission in the world strengthened by the Holy Spirit at Pentecost. It is so easy after 40 days of fasting and penance to say, "I made it!!" and forget this is but a preparation for something much bigger than my Lenten achievements. Lent is vitally important for it begins the journey to new life and dedication at Easter, and blossoms into a Spirit – filled mission at Pentecost – a mission of love, justice and compassion in our world.

Project Compassion – Shirley from the Philippines



Shirley, 36, is an indigenous Manide woman living in a remote province of the Philippines. She is a mother of four and the sole breadwinner of the family, as her husband is sick. But Shirley was struggling to support the whole family and keep her children in school.

Indigenous minorities in the Philippines face regular discrimination and disadvantage, limiting their access to education, employment and healthcare. But thanks to Caritas Australia's Supporters, Shirley's life has transformed. She is now leading her community to take a stand against discrimination, improve health and education, and pave the way for a better future.

Unequal access to health services means that many indigenous children and families cannot access basic medical care. Preventable diseases, such as tuberculosis, dengue fever and measles are common among their community, and there is a high maternal and new-born mortality rate.

With Caritas Australia's support, Shirley trained to become an indigenous health worker and a leader in her community. She has learned to supplement her income as is able to feed her family. The program has also helped Shirley's children with school fees, uniforms and supplies.

Shirley says there's still a long way to go to fight for better employment opportunities for the Manide tribe and to reduce discrimination, but together they'll get there.

"I became the voice of my tribe to have their needs heard," Shirley says. "As a trained health worker, I am confident to talk, to mingle with non-indigenous people, even with government employees."

Your support is life-saving for people experiencing poverty and oppression. Please help more people like Shirley gain confidence and respect within their community and help improve the conditions of indigenous people around the world. Let's Go Further, Together.



Sacrament of Penance (Reconciliation) Parent / Child Workshop

In preparation for the Sacrament of Penance (Reconciliation), a Parent/Child Workshop will be held on **Thursday 5 March at 5.30pm** in the **Library**. This workshop will explore the elements of Reconciliation and its importance with the family life and in developing our relationship with God. We welcome Dominic Brawls, Tom Miller, Elaiza Montalban, Alex Nganga, West O'Brien and Leo Hurle who wish to receive the Sacrament of Penance (Reconciliation) this year.

Have a restful long weekend and a wonderful week ahead.

God bless,

Nicolle Achmad
Assistant Principal

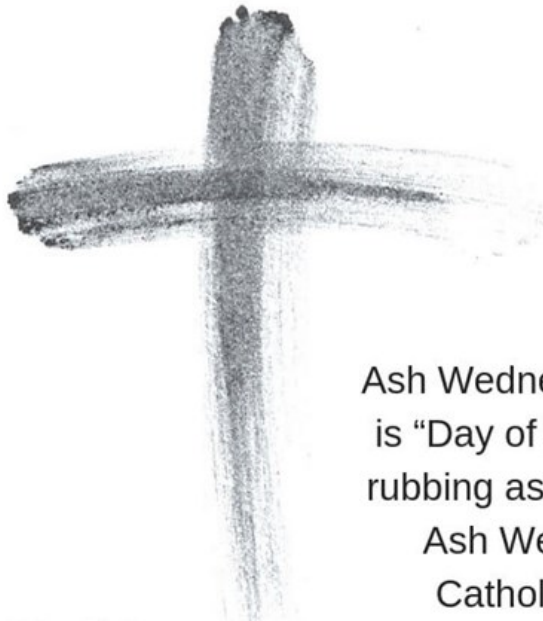
Absentees



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 **Wisdom6285**) 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.

Thought of the Week

What is *Ash Wednesday?*

Ash Wednesday is the first day of Lent. Its official name is "Day of Ashes," so called because of the practice of rubbing ashes on one's forehead in the sign of a cross.

Ash Wednesday and Lent are observed by most Catholics and some Protestant denominations.

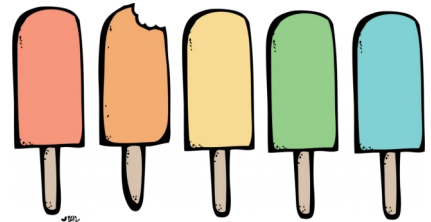
Healthy eating - Ten Tips for Parents

1. Give children a variety of different foods.
2. Offer nutritious snacks, like fruit, yoghurt, crackers and cheese.
3. Encourage your child to eat breakfast.
4. Ensure that the family eats together at least once a day.
5. Pack your child's lunch at home, let your child help.
6. If your child refuses a new food, don't make a fuss, try again several times.
7. Listen when your child tells you they are full.
8. When your child is thirsty, encourage them to drink water.
9. Allow your children to help with planning and preparing healthy meals.
10. Plan physical activities for your family.



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

All items are \$1.00



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

A Note from the Community Health Nurse



Welcome to the new school year. My name is Karen Bryen and I am the Community Health Nurse who visits your school. I work with a team of School Health Nurses (Jill Rogers, Serena Robinson, Rochelle Mead and Danielle Marsden).

Community Health Nurses work in schools to promote healthy development and wellbeing so students may reach their full potential. A major part of my work is focused on early intervention and the School Entry Health Assessment program.

Community Health Nurses serve as a health contact point for children and their families, providing information, assessment, health counselling and referral. The services provided are free and confidential.

If you have a concern about your child's health or development, please contact me on 9753 6475 or Email: WACHS-SW.NaturalistePrimarySchoolNurses@heath.wa.gov.au

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 Zelig 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

St Patrick's Cathedral, Bunbury

Midday 2 May to 3.00pm 3 May

Our Lady of the Bay Church, Busselton

5.30pm 3 May to 1.30pm 4 May

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

Email: bunbury.director@catholicmission.org.au

Margaret River Junior Hockey 2020 Season Starts Soon!

Year 3 - 5 mixed boys and girls team
Year 6 - 8 girls team, Year 6 - 8 boys team
Year 9 - 12 girls team, Year 9 - 12 boys team
Want more info?
juniorcoordinator@margaretriverhockey.org.au
admin@margaretriverhockey.org.au



A MENTORING AND COACHING GROUP TO ENCOURAGE YOUNG GIRLS INTO MOUNTAIN BIKING

REGISTRATIONS OPEN NOW

THURSDAYS 4-5PM | GIRLS AGED 7-16 | \$50 PER TERM

For more information head to www.mrorca.org.au



See what we've been up to!



Contact us through messenger!

Online REGISTRATIONS NOW OPEN



2020 SOCCER REGISTRATIONS

Register online www.playfootball.com.au/register



FEE STRUCTURE FOR SEASON 2020

MINIROOS - \$170
FIFA - \$200

www.footballmargaretriver.club



KidSport enables eligible Western Australian children aged 5-18 years to participate in community sport and recreation by offering them financial assistance towards club fees.

Kidsport is Online!

Are you eligible? Visit the website below to apply.

www.dsr.wa.gov.au/funding/individuals/kidsport

Registrations close 4th March 2020



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Book Chat Club



Calling all book lovers ages 10 and over!

The Margaret River Bookshop
and Shire of Augusta Margaret River
Library Service are partnering to
start a Book Chat Club.



What is a Book Chat?

A group for people aged 10–14 who are enthusiastic about books. Each month we will chat about what we have read and give reviews and recommendations for other members of the club.

There will be prizes for best review of the month and even free snacks provided for the session.

The session will be facilitated by either a bookshop staff member or Librarian to assist in great book discussions.

Dates, time and location

4.30pm–5.30pm
Margaret River Library
Last Monday of the month

24 February 2020	27 July
30 March	31 August
25 May	26 October
29 June	30 November

Free
Event!

Contact the library on 9780 5600 for more information or visit amrlibraries.com