

18th June 2020

Issue 17

St Thomas More Catholic Primary School



Principal's Report

Prayer for the feast of **The Sacred Heart of Jesus**



Lord Jesus, the needs of your people open your heart in love to each of us. You care for us when we are lost, sympathise with us in loneliness and comfort us in mourning; you are closest to us when we are weakest. You love us when we don't love ourselves; you forgive us when we can't forgive ourselves; you call us to spread your love in whatever way we can. Lord Jesus, your heart is moved with compassion when we are suffering, when we need your help and when we pray for each other. May our intentions be for our own good and the good of others, and may it build up your kingdom of love in our world.

Amen.

* * * * *

Dear Parents and Caregivers,

Wellness Week



Next Week is Wellness Week! We will be having a focus on wellness with lots of activities organised to support the mental, emotional and physical wellbeing of our staff and students.

We will be commencing each day with a Daily Fitness activity, led by our Year 6 Student Leaders. This will conclude by 9:00am each morning. We will have sessions run by Marion McRae and Jess Koontz around breathing, emotional wellbeing and movement that the children will participate in and the classes will also be undertaking a meditation each day. Research has shown that just 10 minutes a day can

assist students in reducing anxiety, depression and stress, whilst improving behaviour, a sense of self and learning capacity.

Children are invited to wear their Sport's uniforms each day and on Wednesday, we will be having a Pyjama Day!

This will all lead up to our celebration of St Thomas More Feast Day on Friday. We will begin the day with a Liturgy of the Word and then move into groups to complete some activities. The P&F are providing a free Sausage Sizzle lunch. Please return the order forms so they can organise this. We will conclude the week with a game of Netball – Staff v Students.

Parents are welcome to join in with the activities, but we need to continue to observe social-distancing regulations and not remain on the school grounds once the activity is finished.

Friday will be a 'Walk/Ride to School' day, where we encourage student to walk or ride bikes or scooters to school.

Continued over

The Vine



PO Box 524
Margaret River WA 6285
Phone: 9757 3544
Fax: 9757 3557
admin@stmcp.s.wa.edu.au
www.stmcp.s.com
Absentee Number: 9758 8042

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Here are some tips for travelling to school:

- If you are still working from home why not use this flexibility to walk, ride or scoot with your child to school. Active travel enables you and your child to engage in physical activity and spend some quality time together.
- Remember to reinforce good road safety habits such as wearing a helmet and practising the stop, look and listen, think procedure when crossing the road.
- Teach your child to always cross the road at a school crossing and to walk their bike or scooter across the road.
- If you need to drive, consider parking a few blocks away and walking the rest of the journey with your children.



More information about Wellness Week can be found further in the Newsletter.

Arrival at School

We have noted that some students are experiencing difficulty arriving at school on time. There are many benefits your child will gain from arriving on time to school and class as we encourage you to ensure that your child is at school before 8:40am if they are in Pre-Primary to Year 6.

Did you know?

- The likelihood of success in learning is strongly linked to strong participation in school programs which is linked to arriving on time.
- It is very important for children to develop habits of arriving on time at an early age, beginning from the time they start school.

Some Gains for Your Child Arriving On Time for School and Class:

- Makes sure that your child doesn't miss out on the important learning activities that happen early in the day when they are most alert.
- Early morning learning activity is often reading or writing. Your child can lose so many opportunities to learn these critical life skills.
- Helps your child to learn about routines and commitment.
- Gives your child time to greet their friends before class and this can reduce the possibility of disruptions in the classroom.
- Class disruption can make your child feel uncomfortable and can upset other children.
- Arriving on time every day makes children feel good about themselves.

We are also noticing some children arriving very early to school – before 8:00am! Teachers are not on duty until 8:20am, when we expect most children to be arriving. Classroom doors open at 8:30am to allow children to get organised for the day and prepare before the bell goes at 8:40am. Please ensure your child arrives to school between the times of 8:20am and 8:35am to allow them to prepare properly for the day.

3 Year-Old Kindy

Our 3 Year-Old Kindy program, commencing in Term 4 this year, is gaining some good momentum. If you, or someone you know has a child who has or will turn 3 before 16 October, please contact the school and leave your details to be added onto our Expression of Interest list.

We will also be offering a 3 Year-Old Kindy next year.

Kindy 2021

I encourage parents to continue to spread the word about our excellent Kindy program. If you, or someone you know will have a child of Kindy age next year, please contact the office for an Enrolment package. I am also currently conducting tours of the school for those interested.

Parents on School Grounds

As previously mentioned, parents are now welcome to drop off and pick up students at school. Unfortunately, at this time, parents are not allowed in the classrooms. This includes offering parent help. It is important that parents to not linger on the school grounds and are reminded to stay away if you are feeling unwell.

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Footy Training

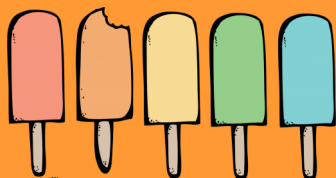
Parents, please note that all students who have registered with Margaret River Junior Football Club are reminded that they must not attend training until their designated time. If children are wishing to get changed at school and walk over to the oval afterschool for training commencing at 3:45pm, they will need to remain at school until 3:35pm, where a teacher will walk with them to cross the road. They can then walk by themselves to Gloucester Oval, however, students are not to be left unattended at the oval, so a parent would need to be organised to meet them there.

It is very important that this is followed as these are the expectations outlined by the State Governments COVID-19 restrictions with regard to returning to sport. Please support the club and its valuable volunteers by staying away until the allocated training time.

I wish all families a fantastic week ahead, staying healthy and well.

Peace and best wishes,

RUSSELL WYLIE
PRINCIPAL



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

All items are \$1.00

Parish News

Masses

St Thomas More Catholic Church - Margaret River

- Saturday - 6.00pm
- Sunday - 10.00am

Lumen Christi Catholic Church - Augusta

- Sunday - 8.00am



Uniform Shop

Please email your Order Forms through to
rita.willmott@cewa.edu.au
with details of your order and credit card.

Forms can be downloaded off the school's website.

I will send the uniforms home with your children on **Tuesdays**.

Thank you!



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://stmcpss.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.



St Thomas More Catholic Primary School
WELLNESS
week

In order to further promote healthy practices, St Thomas More will be having a 'Wellness Week'. There will be a strong focus on healthy eating, fitness, mental wellbeing and friendships.

Students will be allowed to wear their Sports Uniform on Monday, Tuesday, Thursday and Friday if they choose to.

Wednesday will be a Pyjama Day - so you can wear your Jimmy Jams to school!

There will be no homework for the week!

Each morning will start with Daily Fitness, there will be daily meditation and Crunch and Sip in the classrooms.

There will be a competition for the healthiest Lunchbox each day - send a photo of your lunchbox to Mr Wylie.

On Friday, we encourage all students to walk/ride to school where possible.

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Fitness - led by Year 6 Leaders Smiling Mind meditation	Morning Fitness - led by Year 6 Leaders Smiling Mind meditation	Morning Fitness - led by Year 6 Leaders Smiling Mind meditation	Morning Fitness - led by Year 6 Leaders Smiling Mind meditation	<i>Walk/Ride to School</i> St Thomas More Feast Day 9:00am - Liturgy
Library chill-out zone lunchtime	Library chill-out zone lunchtime Healthy Food Sampling	9:00 - 9:30 Year 3/4 Movement and breathing with Marian McRae 9:30 - 10:00 Year 5/6 Movement and breathing with Marian McRae Library chill-out zone lunchtime	9:00 - 9:30 Year 5/6 Body Awareness and Emotional Wellbeing workshop with Jess Koontz 9:30 - 10:00 Year 3/4 Body Awareness and Emotional Wellbeing workshop with Jess Koontz 10:00 - 10:30 Year 1/2 Body Awareness and Emotional Wellbeing workshop with Jess Koontz Dancing in the Under-cover Area at lunchtime	9:30 - 1:50 - PP - Year 6 Group activities Free Sausage Sizzle lunch (thanks to the P&F!) 2:00 - 2:30 - Staff v Student Netball game 2:30 - 3:00 - Classroom activities



Assistant Principal News

The **Feast of the Sacred Heart of Jesus** is a celebration of the **love of God for us**, especially expressed in the sufferings and death of Jesus.

HISTORY: In the Middle Ages there was special devotion to the wound in the side of Jesus. In later times, especially as expressed by St Margaret Mary in the 1600s, it was focused on **the heart of Jesus**. The heart as the **symbol of God's love** has its origins in the early days of Christianity. It was celebrated liturgically from 1670 and was declared an official feast of the church in the 1850s.

This feast reminds us that we are called to the **fullness of life through the love of Jesus**. It reminds us how much God is willing to love us by sending the Son. God's love is made real, and personified, in the Sacred Heart of Jesus. Because the heart is a symbol of love, **the Sacred Heart represents God's love for us**.

This feast is about faithfulness, constancy, sacrificial love and belief in God and humanity.

TODAY: In a world where there is much violence and hate, God gives us new hope in ourselves. We can learn from the example of Jesus that we are capable of love and forgiveness. Jesus suffered rejection by his society, his family, and even some of his disciples. As he endured the physical suffering leading to his death, his response was **'Father forgive them ...'**

God does and will love each of us. May we all come to a better understanding of God's love, shown in Jesus.

He asks us to pray that all those who suffer may find their way in life, allowing themselves to be **touched by the Heart of Jesus**.

Sacraments

Dates have been set by Fr Mathew to celebrate the Sacraments next term. Please ensure these dates are in your diary.

Sacrament of Reconciliation – Tuesday 28th July at 5.30pm.

Sacrament of Eucharist (First Holy Communion)

Parent/Child Information Night - Wednesday 5th August at 6.30pm.

Commitment Mass - Sunday 9th August at 11.30am.

Sacrament of Eucharist (First Holy Communion) - Sunday 16th August at 11.30am.

Sacrament of Confirmation (remains the same)

Parent/child workshop - Wednesday 3rd September at 6.30pm.

Commitment Mass - Sunday 13th September.

Sacrament of Confirmation – Sunday 20th September.

St Thomas More Feast Day

St Thomas More Feast Day is Monday the 22nd June. Thomas More is the patron saint of our school. We will be celebrating his feast day on Friday the 26th June, beginning with a whole school liturgy in the undercover area at 8.45am. **All parents are welcome to join us for the liturgy.**

Who was St Thomas More?

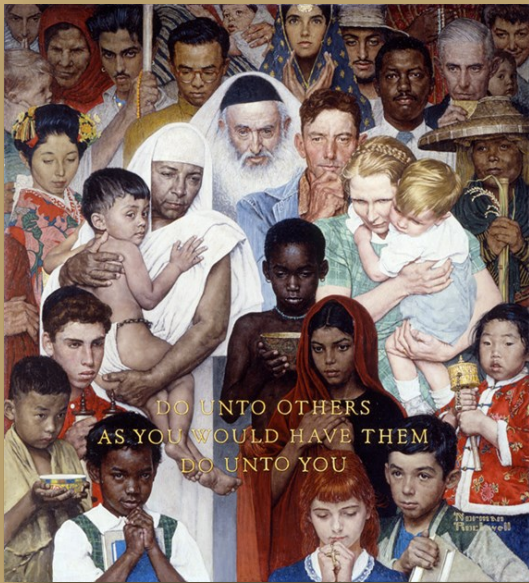
St Thomas More was born into a prominent London family on February 7th, 1478. As a young boy Thomas attended St. Anthony's school. In 1492, he went off to Oxford University, and in 1494 he became a lawyer. During that time, he lived near a Carthusian Monastery. Thomas found himself called to follow their lifestyle of simple piety. As a member of parliament, he often travelled and wrote letters to his four children. He was reputed as an honest and effective leader, and wrote many great books including Utopia. Thomas was knighted and made Treasurer of the Exchange by King Henry the Eighth, in 1521. He became Lord Chancellor in 1529. During this time Thomas worked tirelessly to defend the Catholic faith in England. The relationship between St Thomas and King Henry became strained, after it became clear that Henry was about to break away from the church in Rome. Thomas offered his resignation when Anne Bullen's coronation came about and refused to attend the ceremony. This greatly offended King Henry, who accused Thomas of accepting bribes and conspiring against him. Thomas was ordered to take an oath acknowledging Anne Bullen's position as Queen. Thomas refused and was locked in the Tower of London. Despite his brilliant defence of himself and persuasive testimony, St Thomas was convicted on July 1st for treason. As a final act of mercy, King Henry changed his punishment to mere decapitation. Saint Thomas died on July 6, 1535. His body was buried in the Chapel of St. Peter Advankula at the Tower of London in an unmarked grave. Thomas More has been widely remembered as a man of tremendous integrity and has since been described as a martyr. St. Thomas Moore was beatified in 1886 and canonized in 1935. He is the patron saint of adoptive children, lawyers, civil servants, politicians and difficult marriages.

Keep safe and well.

God bless,

NICOLLE ACHMAD
ASSISTANT PRINCIPAL

Thought of the Day!



Technology News - 3

Helpful Hints, Tips and Reminders

Protect Your Child using Parental Controls

Last week, I wrote about setting up Family Sharing. This week, you will learn how you can manage which movies, websites and apps your child can use on their iPads at home. 'Parental controls' enable parents to control what their child is able to access on their iPad no matter where it is.

To set up parental controls:

- 1) Open the Settings app on the iPad
- 2) Tap Screen Time
- 3) Tap **Change Screen Time Passcode**. Enter a four-digit code when prompted.
- 4) To set content limits, such as selecting the type of movies (G or PG) and music available to your child, and limiting the device to certain websites, tap **Content and Privacy Restrictions**
- 5) Enter the passcode, then turn on the **Content and Privacy Restrictions** toggle switch to on.
- 6) When the iPad parental controls are enabled, you can set different restrictions and control the default applications that came with the iPad.

If you have any questions or require any assistance in setting up parental controls, please contact me via phone or email.

Yours sincerely,

Nicolle Achmad
Assistant Principal



Congratulations!

School Merit Award Winners

Week 7



Pre-Primary	Peter Wolf
Year 1	Estela Robins
Year 2	Jimmy Tannock
Year 3	Dominic Brawls
Year 5	Jarrah Davies
Year 6	Blossom Kiernan

Friday 19th June
8.45am Merit Assembly

Monday 22nd June
St Thomas More Day

Friday 26th June
St Thomas More Feast Day Celebrations

Monday 29th June
6.30pm School Board Meeting

Important Dates



St Thomas More Catholic Primary School Margaret River

3 Year Old Kindergarten Program

Join our full day 3 Year-Old Kindergarten Program, commencing on Friday 16 October 2020.

At St Thomas More Catholic Primary School we believe education should always be fun.

We provide our students with the foundations for life-long learning which will allow them to positively contribute to society and feel a strong sense of belonging to their community.

Call 9757 3544, email admin@stmeps.wa.edu.au or visit www.stmeps.wa.edu.au



Small enough to make a difference, big enough to care