

25th June 2020

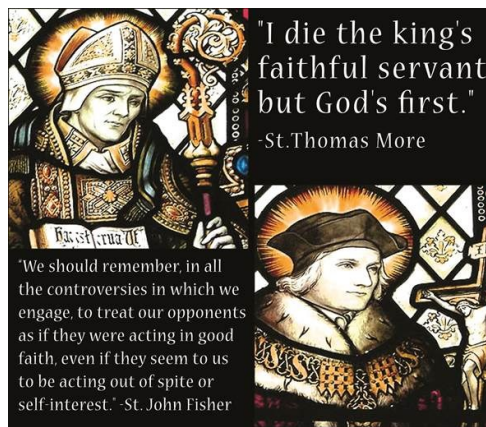
Issue 18

St Thomas More Catholic Primary School



Principal's Report

*Lord Jesus Christ,
 Today we pray for St Thomas More,
 who used his talents to bring Your love and mercy to earth.
 Strengthen us to seek out what the Church teaches.
 Give us the wisdom to make the right choices
 and the strength to carry them out.
 Amen*



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The Vine



Dear Parents and Caregivers,

Wellness Week

Over the week, the children have been engaging in a variety of activities to support their mental, physical and emotional wellness. It has been wonderful to see the children actively participating in a range of the different activities offered, including daily fitness, led by our fantastic Year 6 leaders; daily meditation; wearing pyjamas to school; dancing up a storm with our lunchtime disco and completing some movement and breathing exercises led by guest speakers, Marion McRae and Jess Koontz. I have also been very impressed with some of the entries into our Healthy Lunchbox competition! Let's hope the rain stays away for our Staff vs Students netball game on Friday afternoon...Go Tommy More Staff!!

We hope this week has allowed the children to learn in a more relaxed atmosphere and had the opportunity to reflect on their overall wellness.



St Thomas More Feast Day

Tomorrow, we celebrate the Feast of St Thomas More. Despite the actual celebration being on Monday 22 June, we felt it would be in the best interests to make it a special day for our school tomorrow. There are lots of activities planned to celebrate this day, commencing with a Liturgy in the Undercover Area, led by our Year 6 students. We invite parents to come along to join in this celebration from 8:45am. A special thanks also to our amazing P&F for putting on a Sausage Sizzle lunch for the students tomorrow.

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Principal's Reportcontinued from Page 1

Wellbeing

Wellbeing is more than just physical health - it involves your emotional, social and mental health too!

It's the overall satisfaction you feel about yourself and your life – which can go up and down depending on what's happening in your life. Good wellbeing can include:

- Feeling able to cope with daily stresses
- Having a sense of purpose and generally enjoying life
- Feeling able to manage negative emotions
- Feeling connected to your community
- Having supportive relationships
- Being able to do and enjoy things that are important to you

Take small steps to improve your wellbeing by looking after yourself. It doesn't need to take up a lot of your time or involve big changes. You can:

- Reach out for support and accept it when it is offered
- Build supportive relationships
- Plan time to yourself
- Go for a short walk each day with your child
- Enjoy time with your child – notice what is special about them
- Eat regular, healthy meals and exercise regularly
- Take some time to meditate daily

Cyber Safety

At St Thomas More, we know students can achieve their full potential only when they feel safe, secure, and supported. As a result, one of the important policies we have, is a commitment to preventing and addressing inappropriate behaviours, particularly around the use of technology. In Health classes, students explore healthy decision-making in the context of online communications and relationships. Our Digital Technology lessons provide opportunities for students to learn the behaviours and expectations of safe and responsible digital citizens. Additionally, our teachers also approach this topic directly in their Religious Education programs.

To assist with tackling this issue, we request that parents regularly check in with their child to see what is happening both at school with friends and for those using devices, online. We need you to ask questions because sometimes children are often reluctant to begin conversations. An excellent resource to assist parents with cyber safety is the eSafety Commissioner website. <https://www.esafety.gov.au/> This comprehensive website has many resources and links to assist safer and more positive experiences online. There is also a dedicated section for parents and for reporting cyber abuse. Once a report has been made, this body has the authority to take down an inappropriate site, image-based abuse or illegal and harmful content.

We also strongly recommend that parents follow the information available regarding "Screen Time" – an Apple app. Screen Time lets you know how much time you and your child spend on apps, websites and more. This way, you can make more informed decisions about how you use your devices and set limits to manage your child's device. Please access more information via the link below: <https://support.apple.com/en-au/HT208982>

Kindy 2020

We only have a few spots left for our Kindy program next year. I will be conducting formal interviews shortly for those who have put in an application. This is a last call for anyone who would like their child to attend our Kindergarten program next year. If you know of someone who has a child of Kindy age for 2021, please contact the office.

3 Year-Old Kindy Program

Its official! We have received notification from the Director General of the Department of Education that we can officially operate a 3 Year-Old Kindergarten program at St Thomas More. We are really excited about this opportunity for our school. Spread the word that for 2020, we will commence this program on a Friday in Term 4 (16th October) for a full day. Next year, we will offer this program on a Thursday for a full day once a week. Children attending must have turned 3. For any enquiries or further information, please contact the office or visit our website.

Reports

End of Semester One reports will be made available to parents via the SEQTA Parent-Connect site next week. Please ensure you are able to access this site so you can retrieve your child's reports. If you are having any difficulty with this, please contact Nicolle Achmad for further assistance.

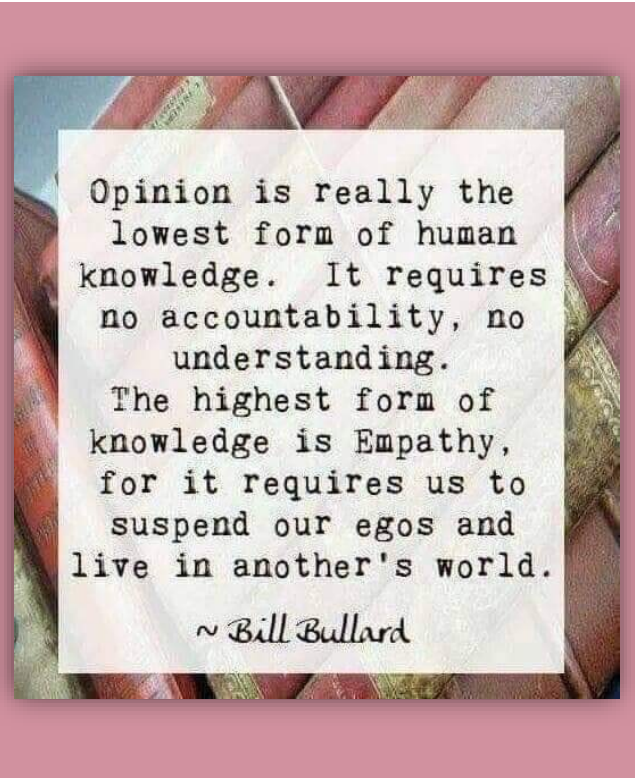
A reminder to parents that the last day of term for students is Friday 3rd July and they will return on **Tuesday 21 July**.

I wish all families a wonderful and *well* week ahead.

Peace and best wishes,

RUSSELL WYLIE
PRINCIPAL

Thought of the Week



Technology News

HELPFUL HINTS, TIPS AND REMINDERS

A helpful hint:

Ensure that you turn **ON** 'Ask to Buy', so that you are notified of any App purchases made by your child. Then you can approve or reject the App purchase from occurring.

On **your** iPhone or iPad:

1. Go to Settings > [your name].
2. Tap Family Sharing
3. Tap your child's name.
4. Tap Ask to Buy toggle to on



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

Yours sincerely,

Nicolle Achmad
Assistant Principal

Congratulations!

School Merit Award Winners

Week 8



Pre-Primary	Luca Laranjeiro
Year 1	Kitson Bucat
Year 2	Leo Metcalfe
Year 3	Sophia Burges
Year 4	Kingston Nguyen
Year 5	Cooper Kenyon
Year 6	Sarah McRae

Friday 26th June

St Thomas More Feast Day Celebrations

8.45am St Thomas More Feast Day Liturgy
- Led by Year 6

Monday 29th June

6.30pm School Board Meeting

Important Dates

Assistant Principal News

Dear Parents,

The students, teachers and staff have all had an enjoyable wellness week this week. We have participated in a range of activities centred around wellness, such as daily fitness each morning, mindfulness, stretching, dancing, healthy eating and meditation. We thank our teachers and staff for accommodating the wellness week activities into their busy schedule. It was a wonderful week that I'm sure will live in the memories of all our students.

FEAST OF ST THOMAS MORE

On Monday 22 June it was the Feast Day of St Thomas More, the Patron Saint of lawyers. The son of a judge and himself an eminent lawyer, More was convicted of treason for refusing to accept the king as the head of the Church. He went to his execution in 1535 with a clean conscience and a light heart telling spectators that he was still "the king's good servant – but God's first". He is also the patron of adopted children, civil servants, politicians, and difficult marriages. **St Thomas More pray for us.**

We will be celebrating St Thomas More's Feast Day tomorrow beginning in the undercover area with a whole school liturgy at 8.45am, led by our Year 6 students. All parents are invited to attend. The students will then be divided into multi-age groups to participate in a variety of fun activities. The students will then be provided with a sausage sizzle lunch and a juice box by the P&F committee. We sincerely thank the P&F for providing this for us. After lunch, there will be a netball game between the Year 6 students and teachers umpired by Joel Lawrance. We are looking forward to a great day tomorrow.

SACRAMENTAL DATES

As mentioned in last week's newsletter, the dates to receive the Sacraments have been set and are as follows:

Sacrament of Reconciliation – Tuesday 28 July at 6.00pm

Sacrament of Eucharist

Parent / Child Information Evening – Wednesday 5 August at 6.00pm
 Commitment Mass – Sunday 9 August (Time to be confirmed)
 Sacrament of Eucharist – Sunday 16 August (Time to be confirmed)

Sacrament of Confirmation

Parent / Child Information Evening – Thursday 3 September at 6.00pm
 Commitment Mass – Sunday 13 September (Time to be confirmed)
 Sacrament of Confirmation – Sunday 20 September (Time to be confirmed)

Have a wonderful week ahead.

God bless,

NICOLLE ACHMAD
ASSISTANT PRINCIPAL



Try
Kinesiology
 www.bloomhealing.com.au

Call Jess
 0438 982 317

Anxiety & Stress
 Physical Pain eg: Joints and muscles
 Children's learning issues, ADHD, anxiety
 Hormonal issues, Thyroid, Menopause, Infertility, PMS
 Adrenal Fatigue
 Sleep/insomnia
 Digestion issues
 Immunity
 Allergies
 Emotional traumas, grief
 Fears & Phobias
 Self Esteem & personal empowerment



Parish News

Masses

St Thomas More Catholic Church - Margaret River

- Saturday - 6.00pm
- Sunday - 10.00am

Lumen Christi Catholic Church - Augusta

- Sunday - 8.00am





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



Term 3 Swimming Lessons 2020

Stages 1 to 15 - Monday, Tuesday, Wednesday and Thursday afternoons

Junior Life Guard (Swimming for Fitness) - Breakfast Included:

- Tuesday - Stage 7 (7.00 - 8.00am)
- Wednesday - Stage 10 (7.00 - 8.00am)

Parent and Child Classes - 6 months to 3 years - Tuesday, Wednesday and Thursday mornings

Duo Classes - 2.5years to Kindy (2 Children per class) - Tuesday, Wednesday and Thursday mornings

Contact: Roberta Williams - 0429 651 450

Email: info@aquaticacademymargaretriver.com.au

Web: www.aquaticacademymargaretriver.com.au



TENNIS HOLIDAY CLINIC

We are running a Tennis Holiday Clinic at the Margaret River Tennis Club for children between 7 to 14 years old during the school holidays. The Holiday Clinics are a good way for children to learn the skills of tennis and at the same time to meet new friends. We will teach basic skills and do fun games from 9am till 12pm.

Dates:

7 - 8 - 9 of July

14 - 15 - 16 of July

Prices:

1 DAY \$25

3 DAYS \$70

All kids welcome, there is no need of tennis experience. We can provide tennis racquet. Each children need to bring their own morning tea.

NOTE: If the weather is wet , we will cancel for the day.

To enroll contact Pablo at:

Email: mrtennisacademy@gmail.com

Phone number: 0478773520