

# St Thomas More Catholic Primary School



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Absentee Number: 9758 8042

# The Vine



## Principal's Report

*Generous, giving God,  
you loved the world so much you sent us  
your Son Jesus to show us how to live.  
Help us to show our love for the world too,  
respecting and protecting it so that all people  
can enjoy it now, and in the future.*

*Amen.*



Dear Parents and Caregivers,

### Wellness Week



Next week is Wellness Week! We will be having a focus on wellbeing with different 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 Jess Koontz (Kinesiology), Sean Allen (Rock and Water), Emily and Jon Keen (Horse Care), Nicolle Achmad (Mindful Amygdala), Laurissa Knowles (Bush Meditation) and myself (Personal Gifts and Strengths) over the course of the week. The classes will also be undertaking a meditation and morning fitness each day. Research has shown that just 10 minutes of meditation 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 encouraged to ride/walk to school (weather permitting). We will have a disco in the undercover area on Thursday at lunch time and the Library will be open at lunchtimes for students to chill-out and complete mindfulness activities. Classes will also be promoting healthy eating, with a 'Healthiest Lunchbox' competition and Crunch and Sip happening in the rooms during the day.

This week will all lead up to our celebration of St Thomas More Feast Day on Friday. We will begin the day with a Mass, have a photo taken of our students by a drone and then move into groups to complete some activities. The P&F are providing a free Sausage Sizzle lunch. We will conclude the week with a final assembly, acknowledging the 30<sup>th</sup> year of our school.

Parents are welcome to join in with the activities and we strongly encourage families to join us for Mass on Friday.

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Some ideas that parents can put into action to enhance your child's wellbeing include:

- Get them outside and moving – spend less time on devices/TV and more time exercising. Go for a walk together, go to a park, climb a tree.
- Create plenty of opportunities for your kids to foster positive connections with their friends, family and of course with you!
- Keep screen time to a minimum – set limits and have times when devices are off and away.
- Help your kids develop mindfulness skills – try some breathing or meditation exercises. The Smiling Mind app is excellent for this.
- Ensure your kids get enough sleep – have set bedtime routines where devices/TV is off at least half an hour before going to bed, have a warm bath/shower, read a book, spend some time praying and reflecting and turn the lights down. Prepare your child's body to go to sleep.

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

### St Thomas More Feast Day

St Thomas More Feast Day falls next Wednesday 22<sup>nd</sup> June, but we will celebrate this day on Friday 24<sup>th</sup> June. St Thomas More was widely remembered as a man of tremendous integrity and has since been described as a martyr. He was canonised in 1935 and is the patron saint of adopted children, lawyers, civil servants, politicians and difficult marriages. We will celebrate this day with a Mass led by our Year 1 students, lots of fun activities and a final assembly, where we will cut a cake to celebrate our school's 30<sup>th</sup> Anniversary.



### 30th Anniversary Celebration

St Thomas More Catholic Primary School officially opened on 28<sup>th</sup> March 1993 with Principal Sr Kathleen Hitchcock and had classes of students in Pre-Primary through to Year 5. Over the years the school has grown and become a primary school of choice in the Margaret River region. To celebrate this 30<sup>th</sup> Anniversary, the P&F have organised a Sundowner next Friday 24<sup>th</sup> June in the Library commencing from 5:00pm. Some food and drinks will be supplied and a crèche provided. There will be old photos and ex-staff members attending, with lots of stories to be told! We hope to see all families come along next Friday night.

### Staffing

Mrs Felicity Pascoe, our Art Specialist teacher, has made the decision to resign at the end of this term. Miss Flic, as the students affectionately knew her, started at St Thomas More in 2013 and during her 9 years working with the students, helped develop a love of Visual Art and art techniques in many students. We wish Miss Flic all the very best in her future endeavours. We are fortunate enough to have Mrs Danielle Noble be able to continue in this position until the end of the year.

### Kindy Enrolments for 2023

I am currently taking enrolments for Kindy for 2023. Spots are beginning to fill and as we are limited in places, I would hate to have families miss out. If you, or someone you know, has a child who will turn 4 by 30 June 2022, please either contact the office for an enrolment form or visit our website to download the forms and return them to the school.

There are also still a few places available for the 3 Year Old program for both this year and next year.

I wish all families a wonderful week ahead.

Peace and best wishes,

**RUSSELL WYLIE**  
PRINCIPAL

A reminder that lunch orders are available  
for students each **THURSDAY**.

The menu is affordable and has many healthy options.  
Menu items can be ordered via the QuickCliq website app  
[quickcliq.com.au](http://quickcliq.com.au)

## Assistant Principal News

Dear Parents and Caregivers,

### Free Dress for CatholicCare

Thank you for your generous donation for Casuals for CatholicCare last Friday. A total of \$229 was raised and will be sent to CatholicCare to be used for people in need in our Bunbury Diocese, irrespective of their religious affiliation or non-affiliation.



### Hot Chocolates for CatholicCare

A reminder that our Year 6 Social Justice committee are still selling Hot Chocolates for \$2.00 every Wednesday. Students are invited to order these on the day. The money raised will be donated to CatholicCare.

### St Thomas More Feast Day

Our Year 1 students will be leading our St Thomas More Feast Day Mass on Friday 24 June at 9.00am in the church. All parents and friends are invited to attend.

Have a wonderful week ahead.

**MRS NICOLLE ACHMAD**  
ASSISTANT PRINCIPAL

# Congratulations!

## School Merit Award Winners

Term 2

Week 7



Pre-Primary - Chantelle Wylie

Year 1 - Alice Kucan

Year 2 - Caleb Fairbrass

Year 3 - Alex Price

Year 4 - Leo Metcalfe and Ebony Woodhouse

Year 5 - Sophia Burgess, Neve Fox, Saskia Holland and Charlie Quaife

**Friday 17th June**

8.45am

Merit Assembly

**Week 9 - Wellness Week**

**Tuesday 21st June**

5.30pm

P&F Meeting

**Friday 24th June**

9.00am

St Thomas More Feast Day Mass (in the Church)  
- Led by the Year 1s

5.00pm - 7.30pm

30th Anniversary of STMCPs (in the School Library)

*Important Dates*

## Thought of the Week

Three folds of the cloth  
yet only one napkin is  
there,  
Three joints in the finger,  
but still only one finger  
fair,  
Three leaves of the  
shamrock,  
yet no more than one  
shamrock to wear,  
Frost, snow-flakes and ice,  
all in water their origin  
share  
Three persons in God,  
to one God alone we make  
prayer

Author unknown



## Parish Masses

St Thomas More Catholic Church - Margaret River

- Saturday - 6.00pm
- Sunday - 10.00am

Lumen Christi Catholic Church - Augusta

- Sunday - 8.00am



Please like the St Thomas More Catholic Parish's Facebook page.

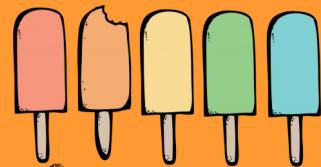
## UNIFORM SHOP OPEN HOURS - MONDAYS FROM 1.30 - 3.00PM



Please email your Order Forms through to  
[rita.willmott@cewa.edu.au](mailto:rita.willmott@cewa.edu.au)  
with details of your order and credit card.  
Forms can be downloaded off the school's website.  
Uniforms will go home with your children on **Mondays**.  
Thank you!

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

All items are \$1.00



## 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://stmcp.s.wa.edu.au/> and go to the Communication tab to select Online Absentee.



# St Thomas More Catholic Primary School

# WELLNES

# S

## week

In order to further promote healthy practices, St Thomas More will be having a 'Wellness Week' in Week 9. There will be a strong focus on healthy eating, fitness, mental wellbeing and friendships. Students will be allowed to wear their Sports Uniform on each day if they choose to.

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.

Class wellness activities include Go Noodle, a Disco on Thursday in the Undercover Area and Wellness quiz.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Morning Fitness - led by Year 6 Leaders</p> <p>9:00 - 10:00 Jess Koontz (Kinesiology)</p> <p>Library chill-out zone lunchtime</p> <p>Smiling Mind meditation</p>	<p>Morning Fitness - led by Year 6 Leaders</p> <p>9:40 - 10:40 Sean Allen Yr 5/6 (Rock &amp; Water)</p> <p>9:40 - 10:40 Nicolle Achmad Yr K-4 (Mindful Amygdala)</p> <p>Library chill-out zone lunchtime</p> <p>Smiling Mind meditation</p>	<p>Morning Fitness - led by Year 6 Leaders</p> <p>9:40 - 12:15 Russell Wylie (Gifts and Strengths)</p> <p>Library chill-out zone lunchtime</p> <p>Smiling Mind meditation</p> 	<p>Morning Fitness - led by Year 6 Leaders</p> <p>9:00 - 10:00 Laurissa Knowles (Bush Meditation)</p> <p>Emily and Jon Keen (Horse care)</p> <p>Dancing in the Undercover Area at lunchtime</p> <p>Smiling Mind meditation</p>	<p>Walk/Ride to School</p> <p>9:00am - Mass</p> <p>10:00 - Drone Photo on oval</p> <p>11:00 - 2:30 - PP - Year 6 Group activities</p> <p>Free Sausage Sizzle lunch</p> <p>2:30 - 2:50 - Whole School Assembly</p> <p>2:50 - 3:00 - Pack up for home time</p>



*30th Anniversary of STM CPS*

**IT'S TIME TO  
CELEBRATE**

**PLEASE JOIN US FOR A SUNDOWNER ON  
FRIDAY 24 JUNE 2022 • 5:00 PM - 7.30PM  
SCHOOL LIBRARY**

**DRINKS AND NIBBLES PROVIDED**

**CRECHE AVAILABLE.**

Kindly organised by STM CPS Parents and Friends Committee



# SCHOOL HOLIDAYS CINEMA



Jurassic World: Dominion

Friday 1 July | 7pm



Lightyear

Thursday 14 July | 11.30am

Friday 15 July | 2pm



Minions: The Rise of Gru

Thursday 14 July | 2pm

Friday 15 July | 11.30am



# KIDS WORKSHOPS, ART & MORE



We Can Sing World Music! with Andrea Frances Manners (7-16 years)

Monday 4 July | 10:30am - 11:30am

Monday 11 July | 10:30am - 11:30am



CLOUD NINE by The Giovanni Consort

Wednesday 6 July | 11am - 11.45am School Ages

Wednesday 6 July | 6pm - 6.50pm (Families + Adults)



Dreaming Stories by Tamara Jarrahamarri

Exhibiting until August 2

Monday to Friday | 10am - 4pm



Artist Talk for Kids: Dreaming Stories with Tamara Jarrahamarri

Thursday 14 July | 1pm - 2pm

MARGARET RIVER

# HEART

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