

St Thomas More Catholic Primary School



PO Box 524
Margaret River WA 6285
Phone: 9757 3544
admin@stmcps.wa.edu.au
www.stmcps.com

Absentee Number: 9758 8042

The Vine



Principal's Report

Spirit of God, grant me:
*The gift of **wisdom**, To see the world through your eyes,*
*The gift of **counsel**, To make difficult decisions,*
*The gifts of **knowledge** and **understanding**, To use my mind to know*
you and to love you,
*The gift of **fortitude**, To have the courage to live in the faith despite*
the difficulties and disappointments,
*The gift of **piety**, To be able to express my special love and*
commitment to you,
*And the right kind of awesome **fear**, That makes me pause to*
wonder and revere God's Love.
Amen.



Dear Parents and Caregivers,

Sacrament of Confirmation



This Sunday 18th June, 5 of our Year 6 students will be receiving the Sacrament of Confirmation in the St Thomas More parish community. This is a very special time in the lives of these students, as they have the Gifts of the Holy Spirit bestowed upon them through Bishop Gerard Holohan. I would like to thank Mrs Pisano and Mrs Arthur for their hard work in preparing the students and we pray that the confirmands open the precious gifts they will be presented and continue to use them throughout their lives. Today all the Year 6 students attended a retreat to the Lumen Christi Church in Augusta to help deepen their understanding of this special Sacrament, led by Mrs Pisano, Ms Knowles and Mr McRae. May the blessings of the Holy Spirit continue to shine on these students. We invite all family and community members to come along and witness this important occasion, commencing at 10:00am in the church.



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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 staff and guests over the course of the week for the classes to participate in. 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 led by our Year 3 students and then move into groups to complete some activities over the remainder of the day. We will conclude the week with a Teachers versus Year 6 netball game – I am looking for someone to umpire this, so if you are available, please let me know.

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

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 or the bush, get in the garden, go for a bike ride.
- 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 Thursday 22nd June, but we will celebrate this day on Friday 23rd 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. The Social Justice committee have also organised a Casuals for Catholicare day for this Friday, so for a gold coin donation, students are invited to wear free dress.



Staffing

Mrs Nicolle Achmad will be returning from her time as Acting Principal at St Joseph's Pemberton. As a result, Mrs Courtney Pisano and Mr Cameron McRae will end their time as Acting Assistant Principals. Both have done a tremendous job in the role and I am very grateful we were able to have such competent and dedicated leaders in our school to fill this role. I would like to thank both Courtney and Cam for the wonderful job they did over the past 6 months in not only supporting myself, but also the community as a whole.

As both Courtney and Cameron will be returning to their teaching roles, Mrs Sue Arthur (Year 6) and Mrs Eliza Keet (Year 4) will be leaving us at the end of this term. I thank both these wonderful teachers for the time and dedication they have brought to our school during their time here. Sue came to us last year, filling in after another teacher left and has remained with the Year 6 class, watching them grow and learn. Sue will continue to provide relief for our school over the next semester. Eliza has been fortunate to secure a job at Vasse Primary School, and we wish her all the very best in this new role.

This will mean that Courtney Pisano will be full time in Year 6 and Kristie Chapman full time in Year 4 for the remainder of the year.

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Mrs Brittany Becker will be taking Maternity Leave from the end of the term in preparation for the birth of her new baby. Unfortunately, Brittany has been unwell of late and will not be returning for the remainder of the term. Mrs Jane Wolf will be taking over from Brittany for the remainder of the year. We wish Brittany and her husband Gordon every blessing as they welcome a new addition to their family in the very near future.

Mr Michael Goodwin has made the decision to resign from his position as Music teacher. He also has been unwell of late and will not be returning this term. Mike has been instrumental in establishing an excellent Music program and end of year concert for our students. Mike will continue to tutor students in both Guitar and Bass Guitar next term. I wish Mike all the best in his future and thank him for his time, dedication and commitment to ensuring we have a great Music program at St Thomas More. Mr Cameron McRae will take over from Mike to teach the Music program. He will continue to teach Physical Education to the school on a Monday and Tuesday and will teach Music on a Wednesday and Thursday.

Kindy Enrolments For 2024

I am currently taking enrolments for Kindy for 2024. 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 2024, 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

Assistant Principal News

Dear Parents and Guardians,

We have had a great week at STMCPSS!

Wellness Week

Attached to this week's newsletter is a copy of our timetable for Wellness Week. Please take note of all the activities. Please note that students are permitted to wear their sports uniform each day and casual dress on the Friday.

St Thomas More Feast Day

We are looking forward to celebrating St Thomas More Feast Day with the students next Friday. We will begin with mass in the morning, followed by a range of fun and exciting activities throughout the day. **Students are asked to wear casual dress on Friday and bring in a gold coin donation to donate to Catholic Care.**

Year 6 Confirmation

Year 6 students were busy at Lumen Christi Church in Augusta today preparing for the Sacrament of Confirmation. The Confirmation Mass will take place this Sunday at St Thomas More Catholic Church at 10.00am. All are welcome.

MRS COURTNEY PISANO
MR CAMERON MCRAE
ASSISTANT PRINCIPALS

School Canteen



School Canteen is available on **Tuesdays** and **Thursdays**.

Orders can be placed online through the QuickClik website.

The menu is also available through this site.

Thought of the Week



Parish Masses

St Thomas More Catholic Church - Margaret River

- Saturday - 6.00pm
- Sunday - 10.00am

Lumen Christi Catholic Church - Augusta

- Sunday - 8.00am



Congratulations!

School Merit Award Winners

Term 2

Week 7

| | |
|--------|-------------------|
| Year 1 | Levi Tischner |
| Year 2 | Alice Kucan |
| Year 3 | Lachlan McCorkill |
| Year 4 | Hunter Pettereson |

Friday 16th June

8.45am Merit Assembly

Sunday 18th June

10.00am Sacrament of Confirmation

Wellness Week

Week 9

Friday 23rd June

Free Dress Day for a Gold Coin Donation to Catholic Care

9.00am St Thomas More Feast Day Mass - Led by Year 3

Important Dates

Sports News

Last Thursday, Year 5 and 6 students took part in the SWPSSA winter carnival in which we competed against several Catholic and Independent schools from the South-West. This year we entered one AFL team and two Netball teams in the competition. It was fantastic to witness the teamwork and fair play displayed by all our teams. Overall, St Thomas More performed extremely well. Our football team remained undefeated and both netball teams won the majority of their games.

We would like to thank the parents who came to support our teams and also thank Mr McDonald, Mr Wylie and Mrs Pisano for their coaching expertise displayed on the day.

A big thankyou must go to Blossom Kiernan and Eloise Ride from MRSHS for umpiring our netball games.

It was a day for students to remember and I'm sure our Year 4 and 5 students are already looking forward to this event next year.

Mr McRae
PE Teacher



UNIFORM SHOP OPEN HOURS - MONDAYS FROM 1.30 - 3.00PM

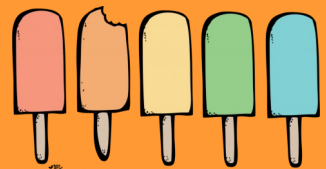


Please email your Order Forms through to
rita.willmott@cewa.edu.au
with details of your order and credit card.

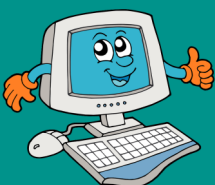
Forms can be downloaded off the school's website.
Uniforms will go home with your children on **Mondays**.
Thank you!

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 website!

There is an easy online form that can be completed and it is directly emailed to the school. Too easy!

Visit our website <https://stmcps.wa.edu.au/> and go to the Communication tab to select Online Absentee.



STMCPs Wellness Week Week 9: 19th - 23rd June



In order to further promote health practices, STMCPs 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 Monday - Thursday and are encouraged to wear casual dress on the Friday to raise funds for Catholic Care. There will be no homework for the week!

Mr Wylie is running a competition for the healthiest lunchbox of the week. Show your teacher upon arrival to school and he/she will send a photo of the healthiest lunchbox for the day to Mr Wylie. The winner will be announced at the end of the week!

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| <p>8.40am - 8.55am Morning Fitness with Year 6</p> <p>Smiling Minds</p> <p>9.00am - 9.30am Year 6 Gratitude activity with Mrs Pisano</p> <p>9.30am - 10.00am Year 3 Gratitude activity with Mrs Pisano</p> <p>12.55pm - 1.15pm Mindfulness Colouring in the library with Mrs Pisano</p> | <p>8.40am - 8.55am Morning Fitness with Year 6</p> <p>Smiling Minds</p> <p>1.20pm - 1.45pm Year 1 Soccer with Luke Johnson</p> <p>1.45pm - 2.10pm Year 2 Soccer with Luke Johnson</p> | <p>8.40am - 8.55am Morning Fitness with Year 6</p> <p>Smiling Minds</p> <p>9.30am - 10.00am Year 4 Gratitude activity with Mr McRae</p> <p>11.00am - 11.30am Year 5 Gratitude activity with Mr McRae</p> | <p>8.40am - 8.55am Morning Fitness with Year 6</p> <p>Smiling Minds</p> <p>9.00am - 9.30am Year 1/2 Meditation with Mrs Knowles</p> <p>9.30am - 10.00am Year 5/6 Meditation with Mrs Knowles</p> <p>12.55pm - 1.15pm Lunchtime disco in the undercover area with Mr Wylie</p> <p>1.30pm - 2.00pm Liturgical Singing</p> <p>2.00pm - 2.30pm Year 3/4 Meditation with Mrs Knowles</p> | <p>9.00am St Thomas More Feast Day Mass</p> <p>Smiling Minds</p> <p>9.55am - 2.10pm Rotation activities *Extra timetable to come!</p> <p>1.30pm Sugar free icy poles for all students</p> <p>2.15pm - 2.45pm Staff v Students Netball Match</p> |

Lil' Miss

RCA



...another awesome community initiative from

MARGARET RIVER OFF ROAD CYCLING ASSOCIATION

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

REGISTRATIONS OPEN NOW

THURSDAYS 4.15-5.15PM | GIRLS AGED 7-16 | \$75 PER TERM

www.mrorca.org.au/kids-coaching



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