Dear Parents,

Welcome back to Term 2 at St. Thomas More School. I hope everyone experienced a restful break from school routines and enjoyed the Easter season. It all seemed to go so quickly!

On Friday, we will gather to celebrate the Alleluia Mass. This is our first opportunity as a school community to rejoice in the Lord’s resurrection and be witness to Jesus alive in our community today. Parents are invited to join us for this celebration at 12.15pm, led by 3/4M&J.

For the next 8 weeks, a life skills group is visiting the school to work with the staff and children on building healthy skills for life. The focus is on building awareness in the students of their physical, social, emotional, health and well being skills and equipping them with skills to deal with challenges as they arise.

The program promotes the following outcomes:
- Increases self esteem, self image, resilience and confidence
- Improved balance, spacial awareness and motor skills
- Understanding of values, personal qualities and emotional responses
- Enhanced concentration, communication, negotiation and listening skills
- Improved strength, flexibility and endurance through physical activities
- Identifying behaviours that impact on mental and physical wellbeing
- Displays team work, tactics and strategies in team games and group work

Each class will have a weekly lesson on either Tuesday or Thursday. Later in the program, parents will be invited to join with their child’s class to be part of the activities.

Each child has a permission form to be completed and returned to their class this week.

Term 2 Dates
A list of dates for Term 2 is attached with today’s newsletter. At time of printing, they are correct!

School Surveys
The school participates in a cyclical 4-year review process. This year, in our third year of the cycle, we start to collect data for the review in 2017.

There are two surveys to be completed this year from parents, staff and students that will provide invaluable data to assist the process—one now and one in Term 3.

The first survey is available to be completed now. It is an online survey about our Catholic School Identity. All 29 staff and Year 5/6 students will complete the survey, and we need at least 50 parents to also participate.

A letter with more information is attached to today’s newsletter.

PLEASE, if you can help out call in to the office or email to get the information to take part. It is completed in confidence.

Head Lice
A few cases of head lice were reported last term. Hopefully, all children’s hair has been checked before returning to school this week.

Are there any parents able to help with a full school check? If you can, please email stmmtlza@stmmtlza.catholic.edu.au providing your name and days you may be available.

Condolences
Please pray for the Webster and Trimble families on the passing of Lily, Alice, and Claudia’s grandfather.

May he rest in peace.

Uniforms
Children will move into their winter uniform in Term 2. The winter uniform changeover will be the beginning of May, although children may wear the full winter uniform if they are cold earlier.

Have a happy week ahead.

Mrs. Pat McConvill
Principal

Calendar

April
13th—Reconciliation, Group 1, 7pm
14th—Life Skills program.
15th—School Mass, led by 3/4M&J at 12.15pm
15th—Reconciliation Group 2, 7pm
16th—Reconciliation Group 3, 5pm
20th—Parish Meeting, 7.30pm in the Church.
Deputy Principal Report

Carparking
Over the school holidays the school has added an extra disabled car parked outside the gymnasium. Please leave these parks free for our two families who need to access them before and after school.
A really big thank you to Drew McIntosh (father of Riley and Keeley), who completed the painting free of charge. In fact Drew has been generously painting lines around the school and carparks for many many years. He also repainted the lines around the parking bays. Thank you Drew.

Parenting Tips:
www.wellbeingforkids.com.au

Teach relaxation and calming strategies

- Learning how to relax and calm yourself down is so important for children with anxiety. As a parent you can role model and directly teach children how to calm themselves down when they feel anxious by using the following techniques:

- **Breathing technique:** Take in a deep breath through your nose and then imagine you are blowing out a candle or blowing big bubbles that float away. Breathe out through your mouth. Continue to do this for a few minutes, deliberately slowing down the breaths each time.

- **Mindfulness muscle relaxation - ‘Tense and Relax’ technique.** Closing your eyes, tense and then relax each part of your body starting with your toes. E.g. tense up all the muscles in your toes by ‘scrunching’ them up as tight as you can. Then relax the toes by letting them ‘flop’. Then move up to your feet, ankles, lower legs etc and continue up to your face and head. Take time to tense and then relax each area. Finding something fun or relaxing to do. Encourage your child to do an activity that is naturally relaxing for them. This will be an activity that puts them in the ‘flow’. Flow activities are activities where you lose track of time and are fully engaged. Flow activities are usually things we are good at or are drawn towards. Each child will be different with their flow activities and it is easy to pick what they are – just watch your child and take note of when they are fully engaged in an activity.

Year 7, 2017 Government School Applications
Year 6 students wishing to enrol in Government schools can collect enrolment application packs from the school office. Their enrolment forms need to be returned to our school by **Friday, 13th May.**

*VSN numbers can be found on your child's school report.

**St. Thomas More Primary School**

**Open Day**

**Wednesday 1st June**

Tours by appointment—9:15am, 10am or 12pm

Please contact the school office to book a tour

Applications invited during the month of June

**Parish Fundraiser - Bulbs from Tesselaar**

Order forms and information about a Parish Bulb Fundraiser are available from the School or Church foyers, or the Parish Office.
Beautiful flowering bulbs! Great prices!
**Order forms and money need to be back by Monday 18th April at the latest** to ensure delivery at the end of April with plenty of time for planting, and then flowering in Spring!
Orders can be dropped into the School or Parish offices.
(Cash or cheque only – if you are paying by cheque, please make payable to St Thomas More Parish).
Palm Sunday!
On a very special Sunday,
Jesus rode into Jerusalem,
With people singing “Hosanna!”
With palms they all did praise him.

Holy Thursday
On this day Jesus had,
A special supper with his friends,
Explaining, how and explaining when,
His life will soon have to come to an end.

Eat this bread, drink this wine,
“Do this in memory of me”,
He fed everyone, has also overcome,
Washed the dirt clean off their feet.

The eleventh commandment is very important,
“Love one another as I have loved you,”
He said, “Know that I will be betrayed,
Whatever in the world, you have to do.

He prayed in the garden,
With sleeping disciples,
Speaking to God,
About what life calls.

Good Friday
With the cross on his back
Wanting some help at least,
Stone wounds on his arms
His feelings inside he keeps

With the crown of thorns upon his head,
With the pain running through quickly,
Jesus forgave the men, however,
The sight on the cross, was not very pretty.

Easter Sunday!
Another very special Sunday,
The tombstone was removed,
For Jesus had come again,
The pain was easily soothed.

Alleluia, Alleluia!
He has risen from the dead!
“Alleluia!” Mother Mary,
With excitement she had said.

By Jasmine Biasuzzo

---

STM CROSS COUNTRY

Cross Country training has started during P.E. classes for years 3-6. Our annual event will be held at STM on Wednesday 27th April from 2-3:30pm. Any help would be greatly appreciated for jobs such as marshalling and recording results. Please respond to the Care Monkey request which will be sent this Friday.

---

PARENTS ASSOCIATION

The PA meets on the first Tuesday of every month, the next meeting will be on Tuesday 3rd May 2016. Everyone is welcome. Meetings begin at 7.30pm in the staffroom. Contact leonieroyall@yahoo.com.au for more information.

MOTHER’S DAY MORNING TEA - Friday 6th May
Mother’s Day Morning Tea for all our wonderful Mothers, Grandmothers and friends.

The Morning Tea will be at Benito’s, Nepean Highway Mt Eliza from 10.15am straight after our beautiful Mother’s Day Mass. Toddler corner available plus great door prizes. If you would like to attend the Morning Tea please return the slip from the attached flyer and $15 to the front office by Friday 29th April.

GRANDPARENTS AND SPECIAL FRIENDS DAY - MORNING TEA
Plates can be picked up from the gym foyer. Thank you.

PA COMMITTEE - WORKING BEE COORDINATOR
We still need to fill this role. Andrew Taylor will be available this year to help with the role. If you are interested please contact me, thanks.

CROCKERY
Do you have a party or event coming up? Did you know for a small donation the crockery at STM is available for any school family or parishioner to hire. Donations assist to replace damaged pieces and purchase items that could be useful. You could comfortably cater for about 90 people with all crockery and cutlery, salad bowls, platters, carafs, salt and pepper shakers, vases etc all in white. Great for communion/confirmation parties. Please contact Kerrin Smith: ksmith@rdns.com.au

STM DATES FOR THE DIARY

3rd May - PA meeting 7.30pm in staffroom
5th May - Thursday - Mother’s Day Stall - $5 per gift
6th May - Friday - Mother’s Day Morning Tea at Benito’s

Sincerely
Leonie Zammit
President
Parents Association
leonieroyall@yahoo.com.au
Please advise Daniel Ferlin on 0410 184 494 with your confirmed attendance via text (incl your name) ASAP.

Please find the car parking rosters for the coming markets here. Together, this small contribution of our time is raising approximately $14,000 annually for the continual improvement of our school and the programs provided to our children.

If you are unavailable for your rostered month, please organise another family to take your place at least a week in advance of the market, and advise Daniel of the change ASAP.

**Please Confirm Attendance ASAP**

**^ ^ Re-rostered due to prior non-attendance**