



St Thomas More's
Catholic Primary
School



Grade 5/6 Camp
7-9 March



Kinder 2017 Open
Meeting for new parents
9 March, 7.00pm



Long Weekend
14 March

NEWSLETTER

From the Principal:

We are deeply aware that there is a struggle going on in us.
We turn to God, that we might not become discouraged.
We rely on God's compassion and love for us.
We acknowledge who we are
- sinners who experience the consequences of our selfishness -
but we know we are loved and we desire to be filled with hope.
We go into this week renewed in our desire to continue our
prayer, fasting and generosity toward others.



As adults we too can travel on a red road of frustration, anger, disappointment, sadness....
And often we too don't show the emotional intelligence that we are capable of in order
to retrieve the balance that shows the positive possibilities of our emotional maturity.
We are the role models for our children and it can only enhance their emotional
development if they see how we can control, self regulate and modify our emotional
responses on a daily basis to the events and situations that inevitably come across our
paths. It can be a challenge but we all have responsibility for the emotional welfare of
our young students and your continued positive role modelling enhances the learning of
social and emotional skills that happens at school.

I will be attending the Grade 5/6 Camp this week and Mrs Julie Love will be taking on
the leadership responsibilities in my absence.

Carol Seagar
Principal

ICAS Exam entry forms have been sent home.

The following dates apply:

Digital Tech entries close 5/4, exam date 17/5

Science entries close 3/5, exam date 31/5

Writing entries close 16/5, exam dates 13-17/6

Spelling entries close 18/5, exam date 15/6

English entries close 21/6, exam date 2/8

Mathematics entries close 21/6, exam date 16/8i

2016 School Fair

After a wonderfully successful fair in 2015 it is now time to start preparing for 2016.

We are hoping to get as many helpers as possible to make the fair both a fun family event and great fundraiser for the school

The first meeting will be WEDNESDAY 16 MARCH AT 2.00PM in the sunroom.

Many hands make light work. You may wish to get a group together to run a sub-committee, have a wonderful new idea or want to get to know some of the school community better. Everyone and every idea is welcome.

If you have a skill you would like to share, but can't make meeting please feel free to contact me. We are hoping to make the process flexible as we often miss talented helpers who have work or other commitments.

Thanks

Peta-Maria Rae, peta_maria@yahoo.com

Illegal Parking

Parents are still parking on the school crossings - please be aware this is illegal as well as highly dangerous for anyone crossing the road.

Inappropriate Games and Language

It has come to our attention that some children are playing console games, Slender Man and 5 Nights at Freddy's, at home. These games are rated for children over 12 and have extremely frightening and disturbing images of terror, the children are then re-enacting them in the playground scaring their peers. There has also been a significant amount of swearing by children that we will be cracking down on. We would appreciate your support at home with monitoring the language used by young children. More information to come.

Coming Up

Mon 7 - Wed 9 Mar
Grade 5/6 Camp

Wed 9 Mar
Kinder Open Mtg,
Kinder room, 7.00pm

Mon 14 Mar
LONG WEEKEND

Tues 15 Mar
NIJSSA Swimming
Carnival

Thurs 17 Mar
St Patrick's Day
Board Meeting,
7.00pm

Sat 19 Mar
Feast of St Joseph

Wed 23 Mar
P & F Meeting, 7.00

Thurs 24 Mar
Holy Thursday

Fri 25 Mar
Good Friday

Mon 28 - Tues 29 Mar
Easter Holiday

Fri 1 April
SOFOS Meeting

Thurs 7 April
Board Meeting, 7.00

Fri 8 April
End of Term 1

Tues 26 April
Start of Term 2

*See photos, newsletters,
calendar and more on
our website:
stm.tas.edu.au*

Gallery



Miss Anna Clark is a first year teacher who has had 3 years of experience as a Boarding House Leader whilst completing her Education Degree. Anna loves being able to facilitate the engagement with learning for students and seeing them realise they are learning.



Mr Kurt Atkins has been teaching for 10 years in Catholic schools and loves the interaction and relationship development with students and just 'being' with students in his class.

Stm master builders Challenge 2016



Students are invited to enter their marvellous Lego creations into the Master Builder's Challenge.

Entries will need to be submitted, alongside an Entry Form signed by a parent, by Monday 2nd March. Winners will be announced on the 25th of March. The Winner will win a winners medal and a free pass to Brixhibition at Albert Hall, Launceston.

Students will be able to view the creations during recess and lunch in the Oak Tree Room during Challenge Week.

Collect your entry form from Miss O'Neill on Wednesday lunchtimes at the Library.

RULES OF ENTRY:

- students must design their own creation - building Lego sets is not permitted
- Adult help is allowed where necessary, but students should come up with their own designs
- Drop entries to 5/6 O'Neill n Monday 2nd March.

*MORE RULES RE DESIGN
DETAILED ON ENTRY FORM*

Brixhibition 
Launceston 2016
Saturday 16th - Sunday 17th April 2016
9:30am - 4:30pm
Albert Hall, Launceston



MYTERN - The important role of TEP and PET



TEP: Take Extreme Precaution

As the name implies, you need to Take Extreme Precaution (TEP) when this character appears. TEP acts as a trigger to suddenly make you feel really sad, mad, frustrated, lonely or just scared. Very often TEPs can be really simple, such as your brother or sister annoying you; having to clean your room or do your homework; or not having a friend around to play with. A TEP can transport you onto a red Buska road very quickly. You need to be ready for it by understanding what your main TEPs are, as well as being ready for any new ones that may appear.

PET: Personal Emotional Tool

PET is a character that helps you when you find yourself on a red Buska road and you want to turn onto a road which makes you feel better. Very few people have the ability to change from a red Buska road to a green Reapo road without first thinking of a different thought. PET has been designed to distract you from the thoughts and feelings that have made you drive down that particular road (TEP). Therefore, a PET is something that you think about to make you feel a bit better. It could be a photo, a happy memory, a hug, a song, a video - anything that makes you smile! It is only when you distract yourself enough with a PET that you find yourself in a position to be able to regain control of your steering wheel and change roads. Being able to travel the rough roads and regain control is what helps to build your resilience.

The concepts behind the creation of TEP and PET form an integral part of the MYTERN skill.

The roundabout represents a place where we choose to respond to all situations. It is the result of that choice which influences us to then drive onto a red or green road.

The yellow and orange colours were chosen to represent TEP and PET, playing the role of caution at a traffic light.

If you interpret the circumstances as a TEP (from a TEP perspective) before you take off, then you will drive onto a red road.

If you interpret the circumstances as a PET (from a PET perspective) before you take off, then you will drive onto a green road.

If you are on a red road far away from the roundabout, PETS can also be used to drive you towards a green road.

PET and TEP are teaching us that it is our response to situations that create the emotion. If you know how to be in charge of your response, you can then learn to take control of your emotion.

Family Activity:

Discuss the different TEPs that cause each of you to travel down a red Buska road. Then make a list of all the different PETS that will work for each member of the family. This list can then be displayed on the fridge for everyone to see. Then, if a member of the family is on a red Buska road, others may be able to help them take charge of their wheel by offering them one of their PETS.

Ask your children if they can see a relationship between the word PET and TEP. Have you noticed that they are made up of the same three letters; just seen from different perspectives? This is to represent that it is not circumstances or people that make you feel the way you do; it is the way you choose to look at them.

Both characters are situated on the same roundabout between the Reapo and Buska roads. Remember, the way you look at things is up to you. Is it a PET or is it a TEP? Your perspective determines which exit from the roundabout you take and which set of roads you choose to drive down.