From the Principal:

As we conducted Ash Wednesday Liturgies yesterday we were reminded as we move in the Liturgical Season of Lent to be more prayerful, to give alms, to give up something or to offer help with something or for someone and to be more reflective during this time as we ponder the life and works of Jesus Christ and how we can actively live out his message.

As our Catholic Education Office Director, John Mula explains: The ashes are made from the blessed palms left over from the Palm Sunday celebration of the previous year. These ashes are ‘christened’ with holy water and are scented by exposure to incense. Whilst the ashes symbolise penance and contrition, they are also a reminder that God is gracious and understanding to those who are of goodwill. However Lent should also be about accentuating the positive influence of the Holy Spirit in our lives and to eliminate the negative influence of sin. So, the challenge for us as we enter Lent is to ‘accentuate the positive and eliminate the negative’.

In this light the school is actively supporting, in many ways, many families in our community who have a family member suffering from cancer. Prayer and kind acts - P & F are encouraging support for the Relay for Life.

May our giving enrich the quality of the lives of others.

*Let not your hearts be troubled. Believe in God; believe also in me. In my Father’s house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. John14: 1 - 3*

Carol Seagar
Principal
MYTERN Parent Posts

Post 1 Welcome to MYTERN (Take Emotional Responsibility Now)

MYTERN is a powerful communal language that helps students, staff, parents, carers and grandparents handle the daily stressors of life. The effect of minor stressors such as an argument with a friend, a nasty look or nasty word, lower test results than anticipated, not looking good, or not being chosen for a team, can easily go unnoticed, resulting in the development of more serious problems.

We cannot eradicate the daily stressors of life. Therefore, MYTERN, combined with other strategies that we already have in place, will strengthen our community’s ability to handle these everyday stressors.

MYTERN focuses on creating emotional intelligence, health and resilience, helping all of us deal with everyday situations (be they positive or negative) in a realistic and practical manner. Like reading and writing, this skill is acquired through daily practice, and is just as essential a skill to master as literacy and numeracy.

That is why it is so important that the language of MYTERN is practised both at school and at home. To help us facilitate this at home, we recommend that you also download the MYTERN App. This will not only help embed the language into your vocab but also assist in applying the skill daily, as the app delivers a message from Monday to Friday at random times within the hours of your choice.

We will also be providing a weekly/fortnightly post, educating our community on what MYTERN is and how we can embed the language in our everyday experiences.

We are excited about introducing MYTERN and are looking forward to hearing about the different roads that each of you will travel.

Family Activity: Have each member of your family discuss the everyday stressors that may leave them feeling sad, tired, angry, or frustrated. There are no wrong or right answers. Can you remove any or all of them or are they just a part of life?

See photos, newsletters, calendar and more on our website: stm.tas.edu.au (To be update soon)
Student Pickup Locations
Siblings are to be picked up from Abbott St, all other students are to be picked up from Campbell St.

Home Reading Parent Meeting
There will be parent meeting to share information about our St Thomas More’s Home Reading Program in the Early Childhood (Prep – 2) classes.

When: Wednesday, 17th February at 6.30 pm
Where: Josephite Hall

Home Readers will not be issued to your child unless you have attended this meeting or have made an alternative time to meet with your child’s class teacher(s).

This is a great opportunity for you to learn more about how you can help your child with reading at home. There will be child-minding available during the meeting with a G-rated movie in the Music Room.

We look forward to seeing you at this important meeting.

Ash Wednesday
On Wednesday 10th February, students and staff at St. Thomas More’s Catholic Primary School marked the beginning of Lent by attending Ash Wednesday liturgies.

Our students have been preparing for Lent in a range of ways. Primary students prepared for the 40 days of Lent by being asked to deep” to think of a variety of daily tasks to do for each day in order to make a sacrifice, such as ‘doing things without being asked’. All of our students are learning about how going without something we want can enable us to help others in need.

As in previous years, our school will be helping others in need by supporting the Caritas Lenten Project Compassion appeal. In coming assemblies students will hear from Grade 6 students who last year attended a workshop run by Caritas Australia. These students will speak about what our money can do to help those less fortunate around the world and in Australia.

Each family will receive a Project Compassion box to use during Lent. We ask you to support your children in thinking of those in need and ask them what they will do without during Lent. Please return these boxes to school by Holy Thursday.

Parking in Campbell Street
Please DO NOT park over neighbours’ driveways when collecting children.

What’s On outside school

Tennis Coaching Term 1
Coach Mathew Carswell, TA Club Professional and Talent Development Coach
Beginners to Advanced, Adults also.
Wilson Pee Wee Tennis, launch pad program for ANZ Hotshots aimed at 4–7
Free come and try day Saturday 13th February 11am or Monday 15th February at 4 pm at the Newstead Tennis and Squash Centre, Olive Street Newstead.
Enquiries and Enrolments please  phone Mat 0417390261 or Carswell Coaching 63261020.

Street Latin with Jason Bakes
Class times: 4-5pm (9-12 yo) 5-6pm (13-16)
Venue: St Thomas More’s Hall 125 Abbott St, Newstead
Term Dates: 9 Feb - 5 April
Cost: $90 per term

This 9 week block of classes will expose children to salsa rhythms and explore solo movement and footwork in a fun, supportive environment culminating in a performance at the SalsaMe social dance at the end of term,

Contact: Michelle Walkden 0408 712 751
email salsame@outlook.com facebook.com/salsamelaunceston
Congratulations to Mrs Denise Morgan and Mrs Julie Love who celebrated 30 years of teaching last week. The combination of experience, creativity and enthusiasm continue to inspire these two professional teachers. Mrs Morgan says she loves teaching because she never feels like she’s going to work. Mrs Love enjoys working with different children and families every year and finds it very rewarding.

Shrove Tuesday
Thanks to all the mums who helped cook pancakes on Tuesday.
Money raised will go to Caritas.
Keeping an eye on your child’s vision and hearing

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**Hearing** is important for children to help them reach their full potential in the classroom, at home and in social settings.

**Why might your child need a hearing assessment?**

- Your child doesn’t seem to hear you unless you are standing in front of them.
- Your child may demonstrate behavioural issues in the classroom.
- A health professional suggests that your child’s hearing needs to be checked.

Hearing Link (Tamar St, Launceston) offers free hearing screenings for children if they are 5 years or older. Call (03) 6331 9766 to make an appointment.

**Vision** is important for children, as they need the skills related to good eyesight for learning.

**Why might your child need a vision assessment?**

- Your child has learning or reading difficulties.
- Your child is clumsier than usual for their age.
- Your child screws their eyes up or tilts their head to see.
- Your child has frequent headaches.

If you are concerned about your child’s vision or eyes it is important that you visit an optometrist or ophthalmologist.

Of course, even with these indicators your child’s hearing and vision may be normal. However, if you are concerned about your child’s engagement in learning and/or interacting with other people and you suspect hearing or vision could be a problem, a quick test will help guide you in the right direction.

**If your child does have a hearing or vision problem, finding out early is good for their learning and development.**

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Samuel Hill represented Tasmania in the under 10’s Futsal team. The nationals were in Sydney in January. They did Tasmania proud!! Massive week for them in extremely hot weather!

**Old Uniform**

If anyone has any old school uniform dresses and shirts they no longer need could you please send them to school to be sent to Indonesia, there is a basket outside the office for them to be left in. Thank you.