



St Thomas More's
Catholic Primary
School



Cybersmart
Evening
Thursday 11 Feb



Home Reading
Parent Meeting
Wed 17 Feb



Swimming Carnival
Thursday 18 Feb

NEWSLETTER

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. John 14: 1 - 3

C. R. Seagar

Carol Seagar
Principal

Welcome BBQ

Come and join us for our Welcome BBQ at 5.00pm on Friday 19 February in the garden area. Sausages, burgers and salads provided. BYO drinks, picnic rug, nibbles.



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?

Coming Up

Thurs 11 Feb

Cybersmart
Evening, 7.00pm

Tues 16 Feb

Opening Mass, 12.00
P&F AGM & Meeting,
7.00

Wed 17 Feb

Home Readers Info
Night, 6.30 - 1/2s

Thurs 18 Feb

Swimming Carnival -
Riverside, 9.15
Board Meeting &
AGM, 7.00

Fri 19 Feb

Friday sport starts
Welcome BBQ, 5.00
garden area

Mon 22 Feb

Band Meeting with
children

Mon 7 - Wed 9 Mar

Grade 5/6 Camp

Mon 14 Mar

LONG WEEKEND

Tues 15 Mar

NIJSSA Swimming
Carnival

Thurs 17 Mar

Board Mtg, 7.00pm

Sat 19 Mar

Feast of St Joseph

Thurs 24 Mar

Holy Thursday

Fri 25 Mar

Good Friday

Mon 28 - Tues 29 Mar

Easter Holiday

Fri 8 April

End of Term 1

Tues 26 April

***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

Gallery



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 teacher 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.



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

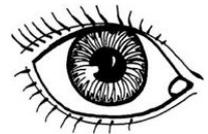
If anyone has any old school uniform dresses and shirts they no longer need could you please send them to school to be sent to Indonesia, there is a basket outside the office for them to be left in. Thank you.

Keeping an eye on your child's vision and hearing

Hearing



Vision



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.