From the Principal:

Please pray for the strengthening of faith in our sacramental candidates who were presented at Masses this weekend, as we support them as they prepare for Confirmation and First Eucharist.
Loving God, we ask you to bless these children.
May they always feel your presence in their hearts and lives.
We take them to our hearts as you take them to your heart.
We pray that by our word and example we will help them along their journey of faith.
May our community always be a place where they feel welcome and cherished.
We make this prayer in Jesus’ name. Amen

Prayer – how to understand why we pray

As part of our daily life at St Thomas More's and also in Religious Education lessons we focus on prayer.
I read the excerpt below at Church at the weekend and it articulates so well why we pray, the purpose of prayer and what to expect from the act of praying.

‘Whether our prayer be praise, contrition, thanksgiving or petition, it always recognises our need for God. In the gospel Jesus instructs us to ask for what we need. He assures us that God is more than willing to give us what we need. However, for this to happen we must turn to God and humbly acknowledge our need.
It is not so much that we persist in prayer in order to change God’s mind as it is that we persist in order to discover what God’s mind might be. The salutariness of prayer is often found in the change that it effects in us, not in God. By persevering in genuine prayer we may come to acknowledge that all things are in God’s hands, and that we can rest content to leave them there, trusting that the situation will be cared for as God sees fit. It seems trite to say that God hears all prayer and sometimes the answer is ‘No!’ It is better to say that God respects the freedom of people and will seldom intervene to change the way events unfold. Still, prayer can change the one who prays and also the one for whom the prayer is offered if only human need is recognised and divine solicitude is acknowledged.’

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Carol Seagar
Principal
Unpacking the daily MYTERN Message: If things DO get worse, you’re NOT failing

It’s hard when a rough road suddenly becomes even rougher. When this happens, it can feel like a constant barrage of one hurdle after the other.

Don’t judge yourself or feel that you are failing. This often happens as life is all about handling contrast. Remember, your driving skills won’t improve if you always drive down the green roads. It is when you are driving down the red roads that your life skills and levels of resilience really increase.

Family activity: It is important to teach your children that life isn’t all about celebrating green roads, but also about recognising the strength that red roads bring to your life. Discuss times in your life when the roads you were driving down just seemed to get rougher and rougher, and how you were eventually able to steer on to a green road. It is the constant change from rough to rougher then smoother to smooth that enables us to increase our skills and grow as a person.

STM Techspot

STM Techspot will be a regular inclusion in the newsletter from now on, you may also see it on our Facebook page and sometimes Team App. We will try to put relevant info into this section of the newsletter to help keep you informed about what you can do as a parent to best help your child/ren in a world where technology is advancing at such a rapid rate.

Keeping up with advancements and the latest trends in technology can be hard, especially for parents. Of concern to us at the moment are the amount of apps that allow users to upload or even live stream video content. Often, these videos and live streams can be seen by other random-users, and in most cases, these videos and live streams can be commented on. For live streams, comments can even be made in real time, which is a real worry. The article linked below is a fantastic read and gives vital information to parents about the dangers of these types of apps and what you can do to protect your child.


After School Care

Dear Parents

Please make sure you inform After School Care if your child is not attending. It causes the staff at School and Care great angst when we know a child has been at school but hasn’t turned up to Care.

Thank you.
The Welcome Dinner Project

The Welcome Dinner will be held at St Finn Barr’s School Hall on Invermay Rd on Sat 30 July from 6 - 9pm. The dinner is run by a team of facilitators. Expect a fun night of great food and conversation with people from many different cultural backgrounds.

The even is free to attend, all we ask is that you let us know you are coming and you bring a plate of food to share. This is an alcohol-free event. Once you email andrew@joi... you’ll be sent more details about the event.

What’s On outside school

FAIR COUNTDOWN - ONLY 55 SCHOOL DAYS TO GO

- We need donations for our Chocolate Wheel - hair appointments, travel vouchers, massage vouchers, food vouchers, accommodation, Airtime, sport, car, landscaping, iPad, dinner, cruise, cinema tickets - everything will be much appreciated.

- Stall helpers are also needed, contact the office if you can help.

- Start the Countdown - 12 weeks to go. How can you help?

- Fair Meeting Friday 29 July, 9.00am in the sunroom.

The Schools Triathlon Challenge is on again this year and will be held in Devonport on Thursday 24th Nov. This is an event open to all students in Gr3-6. Students can either enter as individuals or in teams of two or three with one student completing different legs of the race. If you want to enter this event Entry forms and information about the event can be found at www.schoolstriathlonchallenge.com

The entry fee for the event is $15 which includes backpack and finishers cap and for this you can enter both individual and team events. Entry forms can be downloaded from the website and these need to be returned to school with the relevant entry fee, then the school will enter all participants on a single entry form. The school needs to return the entry form by the end of term 3 (Fri 23 Sept).

Unfortunately the school is unable to provide supervision for the day so students wishing to enter they will be responsible for their own transport and supervision on the day, but it would be great to see as many students as possible compete on the day.

The Rock & Roll Night

Many thanks to you all for the great night last Friday – a lovely community event for STM. It appears that the current form of the Rock 'n' Roll Night has been occurring for the last 10 years. STM has had a history of dance with formal balls being held in the 1950s. We all know how great dancing is for the body and soul and now modern research can confirm this:

Studies using PET imaging have identified regions of the brain that contribute to dance learning and performance. These regions include the motor cortex, somatosensory cortex, basal ganglia, and cerebellum. The motor cortex is involved in the planning, control, and execution of voluntary movement. The somatosensory cortex, located in the mid region of the brain, is responsible for motor control and also plays a role in eye-hand coordination. The basal ganglia, a group of structures deep in the brain, work with other brain regions to smoothly coordinate movement, while the cerebellum integrates input from the brain and spinal cord and helps in the planning of fine and complex motor actions — so it’s great for academic, physical, social and emotional learning. This is why many teachers use movement breaks within lessons - benefits that range from memory improvement to strengthened neuronal connections!

Patricia Caswell (Connor and Alex Wright's grandmother) and her partner at the first Juvenile Ball in 1950

Some STM Ball and Rock & Roll Night History
NIJSSA Cross Country Carnival Report 2016

The St Thomas More’s Cross Country team competed with great effort and spirit at the recent NIJSSA Cross Country Carnival, which was held at Windsor Park. In very wet and muddy underfoot conditions, with many competitors struggling to keep their feet at the start and finish of the races, all students put their best wet feet forward to put in their maximum effort and the school finished in fourth place overall.

Special mention to Alex Towns for finishing second in the Gr3 Boys event and to the Gr3 Boys, Gr3 Girls, Gr4 Boys (joint first), and Gr6 Girls for finishing in the top three in their team events.

Many thanks to all those parents who helped out with officiating at the rescheduled event. Without support from across the school community, we would be unable to pull together to put the carnival on, especially after the weather issues as we had this year. Here's hoping for a drier event next year!

Children’s Book Week - 20-26 August 2016

Each year the Children’s Book Council of Australia celebrates Children’s Book Week to highlight the importance of reading and promote Australian children’s literature. This year, the theme for Book Week is “Australia! Story Country”. As part of our celebration we will be holding a Book Week Parade during that week where students can dress up as a character from a book they know and love. Please encourage your child to be creative, using clothes they may already have or recycled items. It is not compulsory but if your child would like to take part they may come to school dressed as their character. We will meet in the Josephite Hall at 9am as a school to share our costumes. We recommend that students bring the book they have chosen.

Rebecca Thomas
Library
Metro Changes

In line with our contractual obligations, Metro has been closely monitoring our Launceston school services and have identified some services that have not met expectations. We are proposing to make changes to these services during Term Three.

The changes under consideration with relevance to STM are as follows:

1. **Remove Route 135AM Birch Ave to Punchbowl Primary via Waverley, Ravenswood, East Launceston and Punchbowl** due to low patronage, effective from Monday 22 Aug.

The alternative services for students are as follows:

- **Students living in Birch Ave or Hoblers Bridge Rd & travelling to East Launceston or St Thomas More's Primary:** Catch the Route 225AM school bus from St Leonards to St Patrick’s College via East Launceston, departing Hoblers Bridge Rd 8.13am, travels via Abbott St 8.19am.

- **Students living in Waverley & travelling to East Launceston or St Thomas More's Primary:** Catch Route 38 bus departing Waverley at 7.50am and arriving city 8.09am, transfer to route 45 bus departing City Stop F at 8.34am, travels via High St, Punchbowl, then Abbott St 8.50am.

- **Students living in Ravenswood & travelling to East Launceston, St Thomas More’s or Punchbowl Primary:** Catch Route 20 bus departing Ravenswood at 7.57am, arrive City 8.14 and transfer to Route 45 bus departing City Stop F at 8.34am, travels via Punchbowl Rd 8.45am, then Abbott St 8.50am.

2. **Remove route 136PM Punchbowl Primary School to Waverley via East Launceston Primary School and Ravenswood** due to low patronage, effective from Monday 22 August.

The alternative services for students are as follows:

- **Students travelling to Ravenswood:** Catch Route 55 bus departing Abbott St 3.19pm, Punchbowl Rd 3.22pm, arrive City 3.36pm, then transfer to Route 20 bus departing City Stop F at 3.45pm, arrive Ravenswood 3.55pm.

- **Students travelling to Birch Ave or Hoblers Bridge Rd:** Catch the Route 55 bus departing Abbott St 3.19pm, Punchbowl Rd 3.22pm, arrive City 3.36pm, then transfer to Route 50 bus departing City Stop C at 3.43pm and alight at Elphin Rd Stop 8 (outside Coles) at 3.50pm.

- There will no longer be a travel option to Waverley, however our data suggests that this will not affect any students.

If you would like clarification on any of these proposed changes, please contact Gregg Lennox on 6233 4215 or gregg.lennox@metrotas.com.au. If you would like to provide feedback on the proposed changes, I ask that this is relayed to Gregg by Friday 29 July 2016.

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**Singfest 2016**

**Tickets Available from Theatre North: 6323 3666**

**VJAM & Orange Music**

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