

ST THOMAS MORE'S CATHOLIC PRIMARY SCHOOL

10 DECEMBER 2015



From the Principal

Save the Date: WE NEED YOU

Next year we have two very important evenings for all parents of STM:

1. **Tuesday 2 February, 6.30pm.** We are launching a skills based program called "MYTERN" to help students and families reduce the anxieties of 21st century life. This program needs parental support in order for its maximum potential to be reached with the students. The classroom teachers will be at this evening in order for you to meet and greet them after this presentation.

From the website: <http://myterncity.com.au/>

MYTERN teaches you to take control of your response to everyday stresses and challenges, helping you to keep emptying your glass so that it doesn't become too heavy or feel impossible to hold. We cannot eliminate stress and challenges from our lives. Therefore, as a preventative strategy, MYTERN teaches people of all ages how to create health out of everyday stressors; tackling the problem at the ground level, so individuals don't end up feeling overwhelmed, but in control.

Based on neuroscience and positive psychology, MYTERN is a time and cost effective resilience building intervention designed to teach individuals how to build their own emotional intelligence and resilience; increasing mental, physical and emotional health; teaching them how to take control of their overall wellbeing.

Child care will be provided (a G rated movie in the 5/6 area with 2 relief staff in attendance) and a food hamper for a lucky door prize.

2. **Thursday 11 February 7.00pm.** A cyber safety evening that will challenge and extend your own thinking and control over internet usage for your children. Cyber safety is a big issue at the moment and one that we take seriously at STM. Please pop this date and time into your calendar so that you can attend this very important free session. Child care will be provided (a G rated movie in the 5/6 area with 2 relief staff in attendance) and another a door prize.
<http://www.thinkuknow.org.au/site/>

I genuinely urge you all to attend these two evenings as these programs will ensure that the teaching and learning for 2016 will start with a common understanding from parents and staff.

C. R. Seagar

Carol Seagar
Principal

COMING UP

Fri 11 December

Gr 6 Pilgrimage

Kinder W Nativity Play
12.00pm

Tuesday 15 December

Grade 6 last day

End of Year Mass, 6.30pm

Wednesday 16 December

End of Term 4

2016 School Terms

Term 1 -	4 Feb - 8 April
Term 2 -	26 April - 1 July
Term 3 -	18 July - 23 Sept
Term 4 -	10 Oct - 15 Dec

Easter 25 - 29 March





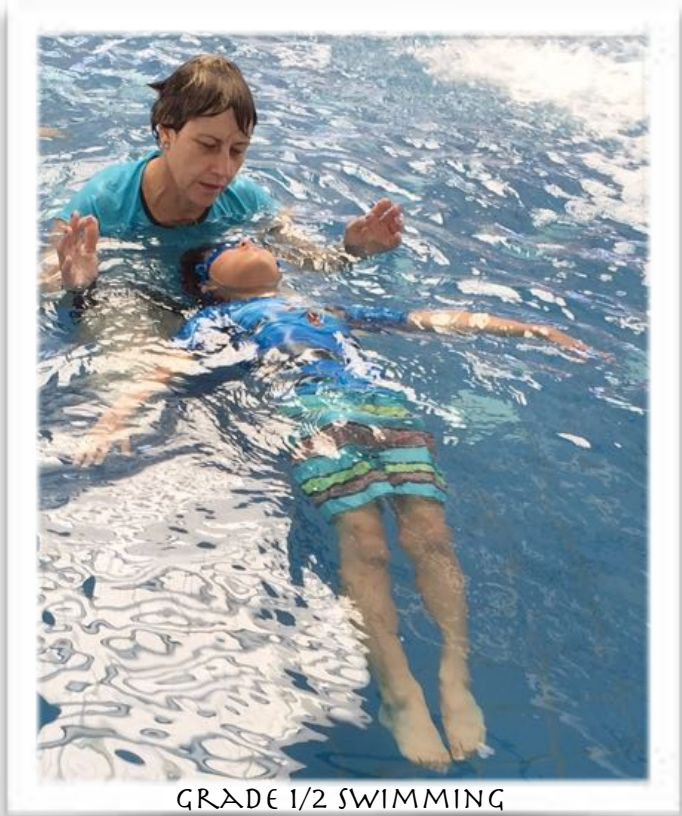
Please visit our website to view photos of your children and their work for the year.
web.stm.tas.edu.au

THINK U KNOW - Cyber Safety Presentation

On Thursday 11th February 2016 at 7.00pm we will have a speaker from Think U Know coming to talk to parents and staff about cyber safety for children. Cyber safety is a big issue at the moment and one that we take seriously at STM. Please pop this date and time into your calendar so that you can attend this very important free session.

<http://www.thinkuknow.org.au/site/>

Jamie's Dance and Choreographic Centre
 Contemporary, Ballet, Jazz/Hip Hop,
 Acro Dance (Trick development)
 Choreography Methods
 Adult Dance (All dance styles)
 Private Tuition (solo, duo, trio)
 Calling all boys, girls and adults New dance school in the Trevallyn/ Riverside area
 Opening February 2016
 No experience necessary!
 For enquiries and or to enrol please contact Jamie Rose McDonough Phone: 0448544408 or 63274161
 Email: email.jamierose@gmail.com



GRADE 1/2 SWIMMING

SCHOOL HOLIDAY PROGRAM
 Classes run from 8.00am - 10.30am

5 day program - \$65.00
 1st week Monday 11th January - Friday 15th January
 2nd week Monday 18th January - Friday 22nd January

Stroke Correction - \$13.00 per lesson (45mins)
 1st week - Monday 11th January - Mon, Wed, Fri only (Stroke Correction)
 2nd week - Monday 18th January - Mon, Wed, Fri only (Stroke Correction)

Intermediate and Advanced - \$13.00 per lesson (1 hour)
 1st week - Monday 11th January - Tue and Thur only (Intermediate and Advanced)
 2nd week - Monday 18th January - Tue and Thur only (Intermediate and Advanced)

CATHOLIC SCHOOLS INSTRUMENTAL MUSIC PROGRAM LAUNCESTON

THIS MUSIC PROGRAM IS AVAILABLE AT YOUR SCHOOL!

Why join another program when you can learn to PLAY WITH YOUR SCHOOL FRIENDS?

**Would you like more information?
 Would you like an enrolment form?**

See your Front Office now or visit: tinyurl.com/nsyd3f3

JOIN TODAY!

In October Grade 3/4 Morgan were fortunate to have a whole day learning and drawing about the Albatross with Mrs. Sandra Rein. The class all entered a competition with art pieces focusing on the Albatross. Four students, Melissa Woolridge, Charli Gillies, Campbell Mackenzie and Augustine Sullivan Arkless were chosen by the museum staff to have their work framed and be part of a special exhibition at the Queen Victoria Museum and Art Gallery. On Thursday the 4th December the children went to the opening of the exhibition with their parents and had a special afternoon tea. The children are pictured below standing next to their paintings

The project is collaboration between landscape painter Richard Wastell, photographer Matthew Newton and scientist Dr. Rachael Alderman. Albatross Island is 18 hectares of a mixture of rock off the northern-western tip of Tasmania and is home to 5200 breeding pair of shy albatross. These birds are endemic to Tasmania and access to the island is highly restricted to help protect the breeding site.

The children learnt a couple of AMAZING FACTS:

- The shy Albatross will travel a great distant remaining almost exclusively at sea and may travel as far as South Africa during the first few years of their life. Shy Albatross begin returning to the colony of origin once they reach three or four years of age.
- The Shy Albatross will bond with their partner for life. They can live for over 30 years – these survivors will have many opportunities to breed, however, only a small fraction of the eggs laid by a female in her lifetime will survive the long process of incubation, chick rearing and the many challenges at sea to become a breeding Adult.

This unit of study highlighted and brought together the number of units we had studied throughout the year. For example our history unit whereby the first recorded visit to Albatross Island by Europeans was George Bass and Matthew Flinders when they circumnavigated Van Diemen's Land. The unit also furthered understanding of Tasmania's Geography and that humans are responsible for the two biggest threats to the shy albatross survival – interactions with fishing vessels and climate change.

I encourage all parents to take their children to our beautiful museums in Launceston to further their general knowledge of Tasmania. (Maybe something to do in the summer holidays.)

Denise Morgan

Supporting Your Child

Catholic Schools in Northern Tasmania do not currently have access to system support services such as psychologists. However, Medicare benefits are available for a range of specified psychology services. Some of the services that your child may be provided for include:

- Helping Children with Autism Program - Under this program a child can be referred by a paediatrician or psychiatrist for diagnosis and treatment services such as psychologists, speech pathologists, occupation therapists, audiologists, optometrists or physiotherapists.
- Better Start Program: Children up to 15 years of age with any of the following disabilities: Sight impairment, Hearing impairment, Cerebral palsy, Down syndrome, Fragile X syndrome can receive support from allied health services.
- Better Access Initiative: Allied mental health services are available for children (and adults) with challenges (such as anxiety, ADHD, mood disorders) that significantly interfere with an individual's cognitive, emotional or social abilities.

To access these support services please contact your GP. Please email Miss Noble on shaye.noble@catholic.tas.edu if you have any questions or require more information.



Please remember to inform your child's class teacher if your child is accessing any of these services so that we can all work together to provide the best support for your child.