From the Principal

It is wonderful to witness the partnerships that occur at STM between parents and staff daily and weekly. Firstly, it is always encouraging and enlightening to meet with parents over their interests of their children. I value this interaction greatly. We saw last week the wonderful 5/6 Science Expo that was the result of the students’ hard work, the teaching of staff and the tremendous support of parents as seen by their attendance. Likewise, the students who represented the school at our recent SOFOS Day and Maths Relay over the weekend had the undivided support of excellent staff and proud parents. STM received praise for the participation of our students in their SOFOS (extension) activities and I do not doubt that parents encourage this participation. STM came 7th in the Maths Relay out of 33 teams – a very encouraging result. Our Fair Committee is another example of parents supporting and working successfully for our school in conjunction with staff. Lastly, the students who read at our family Masses are always prepared and supported by parents and their readings enhance our monthly Masses.

Whether you as parents are helping with homework, supporting school routines, helping in classrooms or on excursions, meeting with staff or organising school and community events it is a pleasure to be working with you with the intention of guiding, teaching and supporting your children. Many thanks.

Carol Seagar
Principal

COMING UP

Thurs 3 September
Board Meeting, 7.00pm

Fri 4 September
Fathers Day Celebrations
Breakfast 8-9am

Mon 7 September
Band Soiree

Tues 15 September
P&F Meeting, 7.00pm

Thurs 24 September
STM Athletics Carnival

Fri 25 September
Colours Day
Term 3 ends

2015 TERM DATES

TERM 3 20 July – 25 Sept
TERM 4 12 Oct – 16 Dec

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

FATHER’S DAY

You are invited to a Father’s Day Breakfast from 8.00 - 9.00am outside St Thomas More’s kitchen on Friday 4 September.

We would love to see you there.
House Captains Term 3
More: Emily Fryett & Cody Jones
Chisholm: Bronte Lister & Oscar Scharapow
Tenison: Zac Tyson & Estella Campbell-Hodge

We will have a photo when all the children are at school.

Raising Boys
A special evening with Steve Biddulph at St Finn Barr’s School Hall, Invermay
Wednesday 16 September, 7.30pm
Steve’s books will be available for sale on the night.
We regret babies and children cannot be accommodated in the theatre.

Science Expo - our successful 5/6 Science projects - 18 of which were selected to present at the University of Tasmania Science Competition today. Congratulations to all students on a well articulated, knowledgeable and confident presentation of their scientific investigations.

5 Minute Parking Zone
People (especially grandparents) are continuing to park in the 5 Minute Zone for anywhere up to 45 mins. Please remember that around 250 children have to be picked up at 3.00pm so be courteous.

Craft Club
Parent/Child Workshops
Saturday
August 29th Father’s Day theme
September 19th Spring FUN
October 24th Christmas cards
November 28th Christmas gift
10:30am-12:00pm
St Thomas More’s School
RSVP by Thursday before to:
Sharnee Torrents
0409 865355
sharneetorrents@netspace.net.au
Cost $10
Bumps and bruises do hurt - but that's life!

...the good old days. Days when we all drank from the same drink bottle and no-one died from it. Days when we rode our bikes on the street just wearing a cap. The trees we climbed and rivers we swam in.

A time when there were no iPhones, chat rooms, internet, multiple TV channels or laptops. We actually had real friends that we actually spoke to.

Where did we find those friends - OUTSIDE. Playing with the kids up the street from just after breakfast until the streetlights came on. There were no text messages, you just walked up and knocked on the door to see who was home.

Teeth were chipped, bones were broken and no-one sued anyone for every day accidents.

It is easy as a loving parent to want to over protect our children. But in doing so, are we actually turning them into a bunch of sissies who can't handle any hiccup life throws them - and life sure does throw them.

So to the over 40s, well done on surviving the tough, unrelenting, unsupervised, risky, dodgy childhoods.

Now it's time to throw the next generation out the back door and see if they can make a billy cart out of the bits of junk under the house!


Children do not seem to realise that falling over, bumping their head on a pole, having their fingers bent back by a ball, getting scratched by a pencil will hurt, and they may even get a bruise, but they won't die or be permanently in pain. They seem to think an icepack will fix anything and expect to have hospital treatment for the most minute of incidents.

Children need to be told that scrapes and bumps are an everyday part of childhood and they will make it through the school day without visiting first aid. Of course they should tell someone and get checked out if they have seriously hurt themselves, twisted an ankle, cut themselves, fallen on their head, etc, but the old adage about crying wolf is still true and children who come to first aid every day may not be taken seriously when they need to be.

GARDENING HELP NEEDED

STM Kitchen Garden Program - a program to help students experience the joys of growing, harvesting, sharing and preparing fresh seasonal food.

Community members volunteering are really valued in this program. If you are a parent, retiree, grandparent or friend, we would love your help in the STM garden.

Our Kitchen Garden program will be running again every Thursday commencing on 3rd September. All levels of commitment (and gardening experience) are welcome – you can join us weekly if you have the time or you may just wish to spend a couple of hours with us.

Please email the Kitchen Garden Coordinator Miss Noble on shaye.noble@catholic.tas.edu.au if you would like to be involved or are interested in more information.

RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA)

Are you, or is a friend or relative of yours, interested in learning more about the Catholic faith? If so, then the RCIA process is an opportunity to explore the Catholic faith in a friendly, small group environment. Please feel free to bring a friend along to accompany you on the journey, or to help them as they explore the riches of our faith. If you would like to join this group, please Contact Gordana Crowe on 0417 307 127 for more information

Carolyn Gutteridge
Parish Secretary, Launceston Catholic Parish
44 Margaret Street
Launceston 7250

Sick Children

Thank you to those parents keeping children home when they are unwell or contagious. Many staff are away sick because they have caught children’s bugs, so please keep your child home until they are totally well. The enclosed chart is very useful.
Reclaim Your Life
Learn skills to help overcome adversity and challenges in your life

“The reclaim your life workshop is a learning opportunity and discovery journey that helped boost my resilience, hope and connections. The challenge was worth it.”

These workshops will help participants to appreciate and understand their own strengths and abilities to respond, face and overcome adversity and challenges in life.

Courses starting soon
When: Starts Thursday 17th Sept for 7 consecutive Thursdays from 9.30 am to 2.30 pm
Where: Pathways, 34 Cameron Street, Launceston
Catering: Morning tea and lunch supplied
What to bring: All materials are supplied
Who for: For anyone who is dealing with adversity and challenges in their lives.
Cost: Free
RSVP: to Catherine Hayden on 6213 3592 or c.hayden@anglicare-tas.org.au

Find out more
For more information please contact Martina Wyss: 0418 587 599 or martinaw@anglicare-tas.org.au
1800 243 232 (free from mobiles and landlines)

The Autism ADHD Mix
A presentation for parents and educators to find out how new understandings of brain neurobiology and Executive Functions change the approach to treatment and management of children with Autism and ADHD.

Presenters:
Charl Fourie—Clinical Psychologist, Windsor Psychology
Dr Ingrid Els—Paediatrician, Launceston General Hospital

Saturday 12 September
9.00 – 12.00 pm
Meeting Room 7
Launceston Conference Centre
Door Of Hope 50 Glen Dhu St
Cost: $10 online or $15 on the day
Register online @ www.door-of-hope.org/upcoming events

This presentation will help teachers and parents to better understand what executive functions (EF) are and how EF deficits are related to the neurobiology of the brain of children diagnosed with Autism and ADHD. Furthermore teachers and parents will learn how our new understanding of these disorders can guide management and intervention. The use of medication to treat Autism and ADHD will also be discussed.