From the Principal

This week we have celebrated Catholic Education Week with a combined school Grade 5/6 Mass, BBQ and Awards Evening recognising staff with 25 years of service and also acknowledging and thanking friends of the schools in Launceston.

It is great to reflect on what makes a Catholic School Catholic. There is the little c ‘catholic’ which means the whole life of our Catholic School – welcoming all to our community and working together for the benefit of our students. There is our Catholic Ethos of St Thomas More’s which is centred on helping all students especially when there is an identified need; and our mission statement guides us in our daily work: we acknowledge our founders, the Sisters of St Joseph; we endeavour to provide a nurturing environment in which each member of our community can become the person they were created to be, and we are empowered to live by the gospel values of respect, integrity, dignity, justice and empathy.

Above all in a Catholic School it is our faith centred on Christ and open to all that distinguishes us, with a positive view of humanity and the sacramentality of life and a commitment to our Catholic traditions.

It is a privilege and pleasure to work in a Catholic School.

Over the page are photos of Joseph Murray representing Tasmania at the ‘Walk with Me’ event recently held in Sydney; our SRCs with Bester for whom we have collected pencils to give to students in South Sudan; Mary MacKillop Day celebrations, and Father Mark taking a Liturgy with Prep O. All these photos indicate the many and varied opportunities we have to celebrate our catholicity.

Carol Seagar
Principal

2015 TERM DATES
TERM 3 20 July – 25 Sept
TERM 4 12 Oct – 16 Dec

FUN FRIDAY FOOTWEAR
TOMORROW FRIDAY 14TH CHILDREN CAN WEAR ANY FOOTWEAR THEY DESIRE. A GOLD COIN DONATION WOULD BE APPRECIATED FOR THE ARCHBISHOP’S SAMARITAN FUND.
Woolworths Earn & Learn Stickers
Please collect Earn & Learn stickers from Woolworths and ‘post’ your completed sheets in the purple box outside the office. We get lots of equipment for the school through this program.

SCHOOL PHOTOS
MONDAY 24 AUGUST
- Children are to wear full winter uniform.
- Online ordering is available; logon to www.msp.com.au and click ORDER ONLINE.
- Family/sibling photos cannot be ordered online. Envelopes available from the office.
- Family discount cannot be claimed for online orders. To see if you are eligible visit www.msp.com.au/tasmania
- Record your Reference Number on your child’s envelope.
- Each child must hand in their photo envelope by Photo Day.
- Do not seal envelopes inside each other - you can pay for all your children in one envelope or online, however each child needs to have their own envelope on photo day.
- Change cannot be issues for cash payments. Credit cards can only be used online.
- All children must have their envelope on photo day whether they are ordering photos or not.
- All enquiries to msp 6231 5880

Archbishop’s Samaritan Fund
In November 2002 Archbishop Adrian Doyle set up a charitable foundation, Samaritan Projects, to enable him to respond with speed and certainty to help Tasmanians in times of special need. This fund now continues under Archbishop Julian Porteous.

Samaritan Projects has a register of supporters, whose membership subscriptions, as well as bequests and donations, for the basis of its financial resources. A crisis fund of $10,000 is maintained at all times so the Archbishop can respond immediately to community emergencies.

Since its establishment, Samaritan Projects has helped a wide range of organisations, such as Bethlehem House, Loui’s Van and the St Vincent de Paul Society, as well as individuals in times of crisis. A specific example was the financial support provided to people who suffered loss and hardship as a result of the devastating bushfires on Tasmania’s East Coast in late 2006.

ST THOMAS MORE’S CATHOLIC PRIMARY SCHOOL PLAYGROUP
Our next Playgroup is on 14 August
Parents and caregivers with pre-school aged children are invited to join us for our new playgroup sessions.

Activities include songs, imaginative play, craft, story-time, outdoor play and shared morning tea. Please bring your own piece of fruit and a drink.

For more information contact: Peta 0427683232, the school office 63377200, or just come along.

Fun Day for Confirmation/First Eucharist Candidates
Friday the 28th August
at St Albies Hall from 10:30 to 2:30, children are to wear plain comfortable clothes and are required to bring their own lunch and drink.

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Change of address or phone numbers
PLEASE PLEASE notify the school office if you change your address or phone numbers. It is very frustrating trying to get hold of parents when their child is injured or sick when they no longer work at the same job, live at the same address or have a new mobile number.
Childhood is supposed to be a happy time! Unfortunately, so many of my clients experience stress and anxiety. Children on the Autism Spectrum are more likely to be affected by anxiety disorders.

Have you ever considered that diet and nutrition can be a support system to calm the nerves and help relax your child?

Here are 10 simple anti-anxiety tips you may not have considered.

**Anti-anxiety tip #1**
Most of us would not think that anxiety could be caused by an overgrowth of pathogenic “unfriendly” bacteria. If your child has digestive problems be sure to have a stool sample done and check for clostridium difficile! Research from animal studies has shown that Clostridium difficile affects the brain in many negative ways.

**Anti-anxiety tip #2**
Get 11 hours quality sleep! Sleep is a major factor in how children react to stress. Sleep deprivation can exacerbate anxiety symptoms and may actually cause anxiety, according to the Anxiety Disorders Association of America. More information to support sleep here.

**Anti-anxiety tip #3**
Ensure Selenium rich foods are eaten very day. For decades research has shown that selenium reduces anxiety and improves mood at a dose of 100 micrograms per day. Brazil nuts are the best source of selenium. Enjoy 2-3 Brazil nuts per day and all your selenium needs are sorted! Note selenium is toxic at high doses so do not over do those Brazil nuts!

**Anti-anxiety tip #4**
Drink chamomile tea. Studies in 2009 and 2012 have demonstrated that chamomile can reduce symptoms of anxiety as well as support a restful sleep. Providing that there is no allergy or issues with salicylates 3-4 cups a day may settle the nerves of kids and adults.

**Anti-anxiety tip #5**
Eat a diet rich in magnesium. Magnesium is known to calm the nervous system and help sleep. Rolled oats, quinoa, buckwheat, legumes, greens, nuts and seeds are great sources of magnesium. Use Epsom salts in the bath to increase magnesium absorption through the skin. You can also buy magnesium oil which can be massaged into the body. If more support is needed to reduce anxiety consider discussing with your health care provider supplementing with magnesium. Magnesium citrate provides good absorption. You can buy Epsom Salts in bulk and magnesium oil to help sleep and reduce anxiety from here. Blants post Australia wide.

**Anti-anxiety tip #6**
Ensure the brain has plenty of omega 3 fats from oily fish. Dr. Joseph Hibbeln, authority in Omega 3 fats, believes that a substantial proportion of emotional distress in modern society might be reversed by adequate intakes of omega-3 fats. Research has shown that EPA omega 3 drives mood benefits. If you take Omega 3 supplements in the hope that they will calm the nerves and lift the mood you need to check that you are getting 1 gram of EPA per day and give it 3-6 months to build up in the brain.

**Anti-anxiety tip #7**
Eat tryptophan rich protein foods. Tryptophan is an amino acid required to make serotonin, the feel good brain chemical. You can help your brain make serotonin naturally by eating: turkey, cheese – especially cottage, swiss and cheddar, milk, yoghurt, eggs, meat, fish, chicken, nuts, soy and other legumes.

**Anti-anxiety tip #8**
Eat plenty of zinc rich foods. Zinc deficiency is very common in anxiety, as zinc is required to make serotonin. Eat oysters, ideally fresh, to increase the zinc content of your diet. Zinc is best absorbed from animal foods such as seafood and red meat. Pumpkin seeds are a good option from plant foods. You can read more about zinc on my free Food for the Brain report or here.

**Anti-anxiety tip #9**
Focus on B group vitamins. Ensure your diet is rich in B group vitamins otherwise tryptophan will be used to make Vitamin B3 and not serotonin! Choose unprocessed grains, legumes, green and leafy vegetables, fish and shellfish, meat and poultry, nuts, liver and fruit.

**Anti-anxiety tip #10**
Keep active! During periods of anxiety your body is filled with adrenaline. Exercising will burn away stress hormones that create anxiety symptoms. Exercise will also help release stress and tension, help sleep and releases “feel good” chemicals to support overall mood. Exercising outdoors will expose the skin to Vitamin D, which is a powerful mood booster and allows light to help make serotonin in the brain.