

NEWSLETTER

Dear Families,

This week we give thanks for the wonderful gift of mothers, grandmothers, aunties, and female carers through the celebration of Mother's Day. This is a great opportunity for each of us to thank God for the very special women who care for us and love us unconditionally. I am truly thankful for my own mother, who is a mother to three and grandmother to seven. I am extremely grateful for her many gifts, including her compassion for others, her ability to make people feel special and her ability to laugh. Her gifts continue to be a great source of strength and inspiration for me each day.



MOTHER'S DAY EVENTS

This week we have several Mother's Day events planned to celebrate the mothers and carers in our children's lives. Tomorrow, **Thursday 9th May**, the Parents and Friends Association is conducting a Mother's Day Stall for the students. All students will have the opportunity to purchase a gift for their mother/carer. All gifts are priced at \$5 each. Students are asked to bring along \$5 on the day to pay for their chosen gift.

On Thursday afternoon, **9th May**, our Whole School Prayer will focus on Mother's Day. Parents are welcome to attend the Whole School Prayer. If you intend to attend, we ask that you are seated quietly and prayerfully in the Multipurpose room by 2.45pm.

On Friday 10th May, our annual Mother's Day Breakfast will be hosted by the Parents and Friends between 7:00- 8:45am. Egg and bacon rolls, and fruit juice will be served to all. This year there will be no tickets required to attend the event, however, please be aware that breakfast service will most likely be very busy 8am – 8.45am.

ADMINISTRATION AND MAINTENANCE APPRECIATION DAY

Yesterday we celebrated Administration and Maintenance Staff Appreciation Day, where we recognised and gave thanks to our fabulous staff who work in the front office and our school grounds. We are very fortunate and blessed to have Phil, Donna, Liv, Renee and Fran, who are such dedicated and hardworking staff members. Each day each of these five staff members contribute enormously towards presenting a welcoming and safe school environment where all can live, learn and thrive.



SPECIAL PERSON'S DAY

It was fantastic to have over 850 people join us for Special Person's Day at school last week as part of our Catholic Education Week celebrations.



RECOGNITION OF 30 YEARS OF SERVICE TO CATHOLIC EDUCATION

A big congratulation to Mrs Dympna Turner who, as part of Catholic Education Week, received special acknowledgement for her 30 years of dedicated service to Catholic Education. Dympna has held many roles over her time in education, ranging from classroom teacher to Learning Diversity Leader to Religious Education Leader. We congratulate Dympna on this wonderful achievement and we feel very blessed to have benefited from Dympna's expertise, enthusiasm and commitment over the years.



FOUNDATION (PREP) 2025

All Ballarat Catholic Primary Schools have begun the 2025 Foundation (Prep) enrolment process. Please see details attached below (on page 7) regarding this process. Please note that current families will need to also complete the enrolment process, even if they have siblings currently attending at the school. Click [here](#) for the enrolment link.

SCHOOL ATHLETICS DAY

A wonderful whole school athletics carnival was held last week. A big thank you to Mrs Melissa Willey for all her fantastic organising to make the day run so well.

The overall results were **1st place -Blue team** (860 points) **2nd place – Red team** (812 points), **3rd place – Green team** (809 points) and **4th place – Gold team** (635 points).

Well done to our Age Group Champions:

9/10 Girls – Ava

9/10 Boys – Hamish

11 Boys - Paddy

11 Girls -Elizabeth

12 Boys – Tom

12 Girls – Eva



INTERSCHOOL CROSS COUNTRY

Congratulations to the 45 students who represented the school so well in Cross Country Running at Federation University last week. We wish the following students who made it through to the next stage, the Greater Western Region Cross Country Championship, all the best:

9/10 Boys -Henry (4th place), Zach (10th Place)

9/10 Girls- Madeleine (11th place)

11 Girls – Olivia (2nd place)

12 Boys – Tom (3rd Place)

12 Girls – Ivy (2nd Place), Tessa (3rd Place), Eva (4th Place) and Ava (11th place).



School TV Update:

[Respectful Relationships](#)

'Initiating conversations about respectful relationships with children is crucial for their emotional and social development. By addressing topics like kindness, empathy and communication, parents create a foundation for healthy interactions. These discussions promote awareness of boundaries, consent, and mutual understanding, fostering a safe environment where children can thrive. Teaching respect from an early age equips kids with essential skills to navigate friendships and romantic relationships, building a future based on empathy and equality. Open dialogues about respect empower children to recognise and value their own feelings and those of others, cultivating a positive and harmonious approach to all relationships.' (SchoolTV, 2024)



INFORM AND EMPOWER

In this fortnights newsletter (on page 6) there is information for Parents about the importance of "Green Time".



School Closure days in 2024 (Student free)

Date	Purpose
Friday 7 th June	Curriculum planning and reporting
Wednesday 7 th August	Religious Education Professional Development
Monday 18 th November	Curriculum planning and reporting

May God bless you all and keep you safe,

Mr. Simon Duffy,
Principal

COMMUNITY EVENTS & NOTICES

AFTER SCHOOL HOURS CARE AT ALFREDTON PRIMARY SCHOOL

Each afternoon St Thomas More staff walk the students attending the YMCA Outside School Hours Care program over to Alfredton Primary School. The program runs each night afterschool from 3.30pm – 6.00pm and during the school holidays from 7am – 6pm. If you are interested in finding out more information about the YMCA Outside School Hours Care program at Alfredton Primary School, call 0492 847 596 or email alfredton.asc@ymca.org.au



FOSTER CARERS REQUIRED

Currently there is a global shortage of foster carers, whilst the number of children entering foster care continues to rise. Berry Street are currently inviting interested adults to consider becoming a foster carer.



Term 2 Calendar, 2024

Week	Monday	Tuesday	Wednesday	Thursday	Friday
4 May	6	7 Administration & Maintenance Staff Appreciation Day	8	9 Mother's Day Stall Whole School Prayer @ 2:45pm led by 1/2Stacey	10 Mother's Day Breakfast beginning 7am Yr. 3/4 Football Coaching
5 May	13 School Advisory Council meeting @ 5pm	14	15 Yr. 5/6 attend St Patrick's College performance of School of Rock 11:30-2:45pm	16 Whole School Prayer @ 2:55pm led by 1/2Woodhart	17 Yr. 3/4 Football Coaching Senior interschool Football
5 May	20	21 Yr. 3/4 attend Loreto College's performance of Mary Poppins 10:30am – 2:30pm	22	23 Assembly at 2:55pm presented by Foundation Hobbs	24 Yr. 3/4 Football Coaching Senior Interschool Soccer
7 May/June	27	28	29	30 Whole School Prayer @ 2:55pm led by 1/2Turkenburg/Hoffmann	31 Yr. 3/4 Football Coaching
8 June	3	4	5	6 Assembly at 2:55pm presented by 1/2Smith School Disco Foundation- Yr 2: 4:15-5:15 Years 3&4: 5:30-6:30pm Years 5&6: 6:45-7:45pm	7 School Closure Day -Student-free day
9 June	10 King's Birthday -Public Holiday	11	12	13 Whole School Prayer @ 2:55pm led by Foundation Keighrey	14 Yr. 3/4 Football Coaching Casual clothes day -gold coin donation
10 June	17	18	19	20 Assembly at 2:55pm presented by Foundation Cudia	21 St Thomas More Feast Day Mass 9.15am & Talent Show 12.30pm
11 June	24	25	26 Semester 1 School Reports sent home	27 Whole School Prayer @ 2:55pm led by 3/4Gannon	28 Last Day of Term 2 1.45pm finish

SCREEN TIME & GREEN TIME

"Brush your teeth, eat your veggies and get plenty of green time!"

Carley McGauran
Psychologist & Mum



In this time of parenting in a digital world parents want to ensure their children are healthy. I know many of us feel overwhelmed about exactly what this means! With regard to how much screen time children should have, I explain to parents that there is no magical number of hours deemed "healthy". BUT I do encourage parents to introduce a concept of 'green time' alongside screen time.

Our job as parents is to mentor and prepare our children to thrive in a digital world. Aside from keeping them safe online and ensuring they are accessing quality, age appropriate content, we need to support them in developing healthy habits - balancing screen time with 'green time'. It is ideal for all children to understand the importance of 'green time' just as they grow to understand why brushing their teeth and eating vegetables needs to be a part of daily life!

All elements of 'green time' have a mountain of evidence supporting their critical role in the healthy growth and development of our children and young people. So what do I mean when I say 'green time'?

Outside time - refers to traditional green time engaging in any activity outside in the natural world, this has such a remarkable restorative effect for our brains.

Moving time - any activity where our children are moving their bodies (sport, dance, bush walk, bike ride, trampoline, hopscotch...)

Mindful time - if you are not already in a habit as a family of some sort of mindfulness practice (placing your attention in the present moment), just start experimenting- it supports all human beings to build mental fitness. There are many options, it may mean listening to a meditation story at bedtime or simply google "mindful activities for children" and you will find a plethora of simple ideas depending on the age of your children.

Social time - ensuring our children have ample opportunities to engage with friends and family face to face. Even just being out and about, interacting with fellow customers and shop keepers builds critical social skills.

Unstructured time - (children may call this 'boring time!') refers to when you say "off you go and find something to do, no screens!". Children typically complain (you know what I mean) and then after that their brain's natural capacity to be creative and explore is activated and yes they find something to do!! Children experiencing boredom is actually very important for their development.

Reading time - this isn't limited to just encouraging your child to read a book or you reading to them, it may mean reading a recipe while cooking or reading signs when you are out walking.

Green time in my household, with three children, is a well known concept. When I asked one of my children to come inside to set the table for dinner recently, he answered with "I can't, I'm getting my green time" (aka shooting basketball hoops with his brother!)... hard to be too cranky about that response!!

Inform & Empower is endorsed by the eSafety Commissioner as a Trusted sSafety Provider

Enrolment Information for Prospective 2025 Foundation (Prep) Students at Catholic Primary Schools in the City of Ballarat

A single enrolment application process is in place for all families seeking Foundation (Prep) enrolment for the 2025 school year at a Catholic primary school within the City of Ballarat (see school list overleaf), including families with children already in one of the eleven schools. Note that information collected through the enrolment process is collated on a common database shared by the eleven schools.

Families seeking enrolment should follow the steps below to apply by **Thursday 23 May 2024**.

Application Process

1. Contact/visit the website of the school/s you are interested in enrolling your child at – see school list overleaf.
2. Engage with the school's process for conducting information sessions or school tours
3. Complete the online Expression of Interest for Enrolment form by Thursday 23 May 2024 by visiting the [DOBCEL website](#) (click link or scan the QR code)

Important:

- You will be asked to indicate your first, second and third preference schools.
- You will be required to upload your child's Birth Certificate and Baptism Certificate (if applicable).
- If you are unable to access the online form, contact Danielle enrollments@dobcel.catholic.edu.au for assistance. Your query will be attended to as soon as possible.



Key 2024 Dates

Foundation (Prep) enrolment expressions of interest open	Monday 12 February
Expression of interest forms close	Thursday 23 May
First round placement offers sent	Friday 31 May at 12.00pm
First round acceptance close	Friday 7 June at 4.00pm
School principals meet to determine allocation of placements	Wednesday 12 June
Second round placement offers sent	Friday 14 June at 12.00pm
List of schools with vacancies published	Friday 14 June at 12.00pm
Second round acceptance close	Friday 21 June at 4.00pm

Important:

- Each Catholic Primary School will make offers of enrolment in line with the [Diocese of Ballarat Enrolment Policy](#) which takes into consideration a variety of factors.
- Completing this expression of interest process does not guarantee an offer of enrolment in a City of Ballarat Catholic primary school.