



NEWSLETTER

Dear Families,

Welcome back to Term 4. I hope that the holidays provided a great opportunity for families to relax, rest and reset for this final school term of the year. The term is action packed with excursions, camps, Masses, Assemblies, Whole School Prayers, Japanese Cultural Day, Mission Day, World Teacher Day, Remembrance Day, School Christmas Carols and much more. Please see the calendar attached to this newsletter so that, as a family, you can be involved in as many of these events as possible.

Today I return from a Spiritual Heritage Pilgrimage to Ireland with the Catholic Primary Principals from Ballarat. The pilgrimage was led by Fr Justin Driscoll and focused on the heritage of the Ballarat Diocese. At the conclusion of the Pilgrimage, I also took a week of long service leave. I would like to thank Trish Caldwell for undertaking the Acting Principal role while I was on leave.

CLASS GROUPINGS FOR 2025

Our classroom teachers have started to look at possible groupings for classes for next year. If you have any concerns that are of a significant nature, please forward these requests to me by email no later than **Friday 18th October 2024** at principal@stmalfredton.catholic.edu.au. Please understand that this is the only process to follow if you would like the consideration addressed properly. With planning for the 2025 school year now gathering momentum, I would also ask families who are aware that they will not be returning to St. Thomas More Catholic Primary School next year, to promptly inform the school.

SCHOOL ADVISORY COUNCIL 2025

We are currently seeking parent nominations for our School Advisory Council (SAC) for 2025. The SAC acts as an advisory body to the principal on matters relating to the operation of the school. The SAC supports the principal in the directions / policies of the school. It offers advice to assist with planning for the present and the future operation of the school. I encourage those interested to click the link below to find out more and to determine whether such a position is of interest to them. <https://forms.gle/DGRq9Hnzeyu2ppQ69>
SAC nominations close on **Wednesday, 23rd October at 1pm.**

MISSION DAY 2024

Each year in October, as a school, we support **Catholic Mission Australia**. Catholic Mission Australia works to support children and families in over 160 countries worldwide. This year our school's Mission Fundraising Day will be held next week on **Friday 25th October**. All money raised will go directly to Catholic Mission Australia. Students are encouraged to bring along

silver coins to spend at the many and various stalls. Each class, as well as groups of students in Years 5 and 6, will be organising and conducting fun activities for all students to enjoy. Students have created posters, which are displayed around the school, to inform students and promote the stalls that will be taking place on the day. The price of activities ranges from 10 cents through to \$1, thus the reason why students are encouraged to bring along silver coins. Please avoid sending money notes as the stalls will not have the capacity to give large amounts of change. For the price of a gold coin donation, students may wear casual clothes for the day. The activities will run from 1.45 – 2.45pm.



REGIONAL ATHLETICS RESULTS

Congratulations to the following students who placed either first or second last Friday while competing at Greater Western Regional level in their respective athletic events. These students performed exceptionally well and now get to represent STM CPS at state level later this term.



Buster Argyll placed 1st in the 12/13-year-old Boys Long Jump.



Eva Bayles placed 2nd in the 12/13-year-old Girls Triple Jump.



Elizabeth Odayne placed 2nd in the 11-year-old Girls 200m.

We wish them all the best for the Victorian State Titles on **Wednesday 6th November**.

Other terrific results from students at this high level were:

Olivia McConchie; 11yo Girls 1500m and 11yo Girls 800m, *Lewis Pascoe*; 9/10yo Boys Long Jump, *Hamish Bayles*; 9/10yo Boys 80m Hurdles, *Paddy Ashby*; 11yo Boys 100m and 11yo Boys 800m, *Buster Argyll*: 12/13yo Boys 100m, *Elizabeth Odanye*; 11yo Girls 100m, *Eva Bayles*; 12/13yo Girls Long Jump, *Freddie Tongue*; 12/13yo Boys 100m, *Tom Power* 12/13yo Boys 800m, 12/13yo Boys Relay 4x100m (*Buster Argyll, Ernie Cheesman, Tom Power, Freddie Tongue*) and 12/13yo Girls Relay 4x100m (*Eva Bayles, Ava Miller, Tessa Morris, Lily Petrie*)

ART ACHIEVEMENT

Year 4 student, Mary Wilson, entered three pieces of art in the Grades 3 & 4 Category at the 2024 Royal Melbourne Show. This was Mary's first Art Competition, and she was very excited to be recognised with the COMMITTEE CREATIVE COMMENDATION AWARD for her acrylic painting, titled *Dog in the Sky*. Mary's oil pastel drawing *Apple* was also awarded a VERY HIGHLY COMMENDED. Congratulations Mary!



COLOUR EXPLOSION FUN RUN TERM 4

On **Friday November 8th** we will be running a Colour Explosion Fun Run! Not only will this be a fun day for the kids but also a great fundraiser for our school.

Students will receive a sponsorship book with instructions on setting up their cybersafe, online fundraising profile at www.australianfundraising.com.au. Students can win up to 15 unique prizes just by fundraising via online sponsorship donations. Fundraising is now open and ends on the **Friday 8th November**.

All students will also receive a pair of sunglasses and a headband on the day.

Keep an eye out for the sponsorship booklet and check your emails for further information.

The P&F Committee will be looking for parents to help on the day (and once prizes arrive) so if you are keen to volunteer please let admin know or get in touch with Amy – adonald1905@gmail.com or Jess - jess.sewell678@gmail.com



BABY NEWS



Finley Arthur Munro

We congratulate Natasha Munro and Tayla Hobbs who have each recently welcomed their little bundle of joys. Natasha's son, Finley Arthur Munro, arrived a few weeks early on 28th September weighing 7 pounds. Tayla's son, Jude Darcy Richardson, arrived on 12th October weighing 9 pounds. They both look forward to introducing their children to the school community.



Jude Darcy Richardson

SCHOOL TV: UPDATE

Sleep

'Children these days seem to be going to bed later and later. Distractions such as TV, computer games, internet, texting friends and social media are all having a negative impact on a child's sleep time. Sleep is vital to a child's wellbeing. When children sleep well, they are more settled, happier and ready for school the next day. Sleep also strengthens their immune systems, supports overall development and their ability to function properly on a daily basis. Children who do not get enough sleep show increased levels of aggressive behaviour, are less attentive and are much less active. Trying to catch up on sleep on weekends is not the answer and can still lead to severe sleep deprivation. Recent studies have shown that many children, especially teenagers, are missing out on vital REM sleep, which is particularly important for memory and learning.' (School TV, 2024)



TOYS AT SCHOOL

We ask that parents assist the school with reducing the excessive number of toys that some students in the Junior years are currently bringing to school each day. We strongly request that students don't bring toys to school as they frequently present as distractions during learning time, and they also run the risk of accidentally becoming damaged or lost.

CROSSING CUTHBERTS ROAD

Last week we almost had a pedestrian accident involving a child and parent who were crossing Cuthberts Road at a non-designated crossing area. Fortunately, both the parent and child were uninjured, but it was very unsettling for those who witnessed it and the driver of the vehicle. It is a timely reminder that we ask parents to set a good example for the children by crossing either at the supervised school crossing near Alfredton Primary School or at the designated crossing at the intersection of Cuthberts Road and Elaine Ave. We thank you for your support with this important safety request.

May God Bless you and keep you safe.



Mr. Simon Duffy,
Principal

Term 4 Calendar, 2024

Week	Monday	Tuesday	Wednesday	Thursday	Friday
2 Oct	14	15	16	17 <i>Assembly presented by Foundation Keighrey @2.55pm</i>	18
3 Oct	21	22	23	24 <i>Whole School Prayer led by Foundation Cudia @ 2.55pm</i>	25 World Teacher's Day Mission Day 1- 3pm
4 Oct	28 Year 3/4 Camp	29 Year 3/4 Camp	30 Senior Cricket Competition – Eureka Division	31 <i>GWR Basketball Competition in Colac for Senior Boys Team</i> <i>Whole School Prayer led by 5/6 Davis @ 2.55pm</i>	1 Foundation MOPA Excursion, Geelong
5 Nov	4 School Closure Day- Assessment and Reporting Student free day.	5 Melbourne Cup Day - Public Holiday	6	7 <i>Assembly presented by 1/2 Turkenburg/Hoffmann @2.55pm</i>	8 P and F Colour Run Fundraiser event at school
6 Nov	11 <i>Remembrance Day Whole School Prayer led by 5/6 Dodd @ 2.55pm</i> School Advisory Council Meeting 5pm	12	13 Foundation 2025 Transition 9.15 – 11am	14	15 Year 5/6 Interschool Sports Day with Emmaus Primary School
7 Nov	18	19	20 Foundation 2025 Transition 9.15 – 11am	21 <i>Assembly presented by 1/2 Smith @2.55pm</i>	22
8 Nov	25	26	27 Foundation 2025 Transition 9.15 – 1pm.	28 <i>Assembly presented by 5/6 Gittings/Hoyle @2.55pm</i>	29
9 Nov/ Dec	2	3 Transition day for Year 6 students attending Loreto, St Patrick's College and Damascus in 2025	4 Yr. 6 Adventure Park Excursion	5 <i>Assembly presented by 3/4 Hawkes / Blachon@2.55pm</i>	6
10 Dec	9 Parent classroom helpers Thank You Afternoon Tea	10 Transition day for Year 6 students attending Ballarat High School in 2025	11 <i>Nativity play Whole School Prayer led by Foundation students @ 2.30pm</i>	12 P and F Christmas Carols 5pm at St Thomas More School	13
11 Dec	16 <i>Thanksgiving Mass @ 9:15am</i> <i>Going-up Day for 2025 REPORTS GO HOME 2:00pm</i> <i>Yr. 6 Graduation dinner 6:00 – 9:30pm</i>	17	18 Student's last day Final fun day activity at Vic Park Finish 1.45pm	19 School holidays	20 School holidays

QUERIES: TEXT SEAN 0411 602 204

KELLY SPORTS **TERM 4 SPORTS!**

TUESDAYS: MULTI-SPORTS 3:20PM-4:20PM
 SOCCER, BASKETBALL, FRISBEE, TENNIS & CRICKET (2 WEEKS OF EACH)
 10 WEEK PROGRAM, PREPS TO GRADE 6

\$17+GST PER SESSION

SIGN UP AT ANY TIME DURING THE TERM

STM PS
 Sessions run at STM PS.
 Pick-up is at 4.20pm from the school

CELEBRATING 30 YEARS

BOOK ONLINE NOW AT
KELLYSPORTS.COM.AU

WWW.KELLYSPORTS.COM.AU/GREATER-BALLARAT

QUERIES: TEXT SEAN 0411 602 204

KELLY SPORTS **TERM 4 SPORTS!**

DODGEBALL & DOWNBALL
 MONDAYS 3:20PM-4:20PM
 11 WEEK PROGRAM, PREPS TO GRADE 6

\$17+GST PER SESSION

SIGN UP AT ANY TIME DURING THE TERM

ST THOMAS MORE PS
 Sessions run at STM PS.
 Pick-up is at 4.20pm from front of school

CELEBRATING 30 YEARS

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KELLYSPORTS.COM.AU

WWW.KELLYSPORTS.COM.AU/GREATER-BALLARAT

MEN'S HEALTH EVENT. BALLARAT, VICTORIA.

A POWERFUL SESSION FEATURING THE DOCUMENTARY "HEALING MEN'S MINDS" EMPOWERING CONVERSATION AROUND MEN'S EMOTIONAL AWARENESS AND PROVIDING TOOLS TO HELP MEN TO GAIN AND MAINTAIN GOOD MENTAL HEALTH

Wednesday October 16th at 6.15pm.
Saxon House, 1431 Mair st Lake Wendoree

scan to watch the trailer

Brought to you by

THE OUTBACK MIND FOUNDATION

This is a free event for the Ballarat community for men and women over 18.

www.outbackmind.org.au

Members of our school community are offered an opportunity to attend the "Healing Men's Minds" Documentary Screening, produced by The Outback Mind Foundation.

They are an organization dedicated to empowering men in Regional Victoria to take a proactive approach to their mental health. They aim to educate men to improve mental health outcomes and reduce the risk of men committing acts of domestic and family violence.

If you are interested in exploring more about The Outback Mind Foundation, you can click here to visit their website.

<https://www.outbackmind.org.au/>

You can register for this **FREE event** by clicking on the on the link below.

<https://forms.office.com/r/QLtjpvhah4>

CHOOSE YOUR

FOOTY ADVENTURE



PLAY

SUMMER FOOTBALL IS HERE
NEW AND EXCITING FOOTBALL IS COMING TO
BALLARAT!

VICTORIA PARK, MONDAYS - 5 WEEKS
STARTING 11TH OF NOVEMBER - \$55



4-6 year olds

Come find your awesome at NAB AFL Auskick. An introductory program to Australian rules football, teaching skills through fun activities and mini games.



7-12 year olds

Level up your footy with skills and modified match play in weekly sessions. NAB AFL Superkick is tackle-free and great for Auskick grads and newbies alike.



VISIT PLAY.AFL