

St Thomas More Catholic Primary School

With God First, We will Live, Learn & Thrive

NEWSLETTER

DATE: 14/05/2025
TERM: 2
WEEK: 4

Dear Families,

We congratulate the 44 students from St Thomas More Catholic Primary School who are currently undertaking the preparation for the sacrament of First Eucharist. These students will be receiving their First Eucharist over the coming weekends. We keep them all in our thoughts and prayers as they continue their faith journey in the Catholic tradition.



PARENTS AND FRIENDS

A big thank you to our fantastic Parents and Friends Association who, over last week, arranged several wonderful events for our school community. The Mother's Day Stall provided more than 500 lovely gifts, and our annual Mother's Day Breakfast catered for over 600 people. These events, alongside the wonderful volunteers that organised and ran them, are a big part of what makes our school community so special.



SPECIAL PERSONS DAY

A reminder that next **Friday 23rd May** between **1:30 – 3:15pm** we will be celebrating Special Person's Day. The format for the day is that "Special Person's" are invited to come into school at 1:30pm and wait outside in the school yard until the students come out at 1:45pm. Our "Special Person's" will then have time with the children outside. They may like to bring along some food to share. At 2:20pm the students and special people will come into the classrooms. Students will have the opportunity to show their work to their special person/s and include them with activities in the class. At 2:40pm students and special people will make their way to the Hall and Multipurpose Room in readiness for Whole School Prayer led by the students in 1/2Brady/Bird. The day will conclude at 3:15pm.



St Thomas More Catholic Primary School ~ Cnr Cuthberts Rd & Elaine Ave, Alfredton 3350.

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INFORM AND EMPOWER

This week all classes will be undertaking their Term 2 *Inform and Empower* online session. The topics covered this term are all about Healthy Digital habits. Below are some parent conversation starters about these topics.



FOUNDATION | TERM 2, 2025
INFORMATION FOR PARENTS & CARERS

Here's what we covered:

- Devices can be used for so much more than just watching videos.
- We can use devices to connect, like video calling family or playing with friends.
- We can use devices to create, like a virtual world in a game or digital drawings.
- We can use devices to learn, like discovering how, what and why.

Create, Connect, Learn



Some conversation starters for home:

- Can you think of a way you used your device to be creative this week?
- What do you like doing on your device that makes you feel happy?
- What's a new activity you can try on your screen this week?
- Let's listen to the 'Create, Connect, Learn' song together.



YEARS 1/2 | TERM 2, 2025
INFORMATION FOR PARENTS & CARERS

Here's what we covered:

- It's important, and healthy, to balance screen time with green time - all the things we do when we're not on a screen.
- 'Screen Time & Green Time'
- Because sleep is really important we need to remember that "1 hour before dream time, finish up your screen time".
- Sometimes it can be hard to put our devices down but there are things we can do to make that transition easier.
- 'Finishing Up Screen Time'



Some conversation starters for home:

- What do you think could happen if you didn't have any green time?
- Are there any new or different green time activities we could try this week?
- Can you think of a time when you found it hard to finish up your screen time? And why was it tricky?
- Let's listen to 'Finishing Up Screen Time with Ollie' together and practise the moves.
- How can we get our brain and body ready for sleep?



YEARS 3/4 | TERM 2, 2025
INFORMATION FOR PARENTS & CARERS

Here's what we covered:

- Online we experience many different feelings- some are comfortable (eg. happy, excited, relaxed) and some are uncomfortable (jealous, angry, embarrassed).
- When we recognise things we do online that make us feel uncomfortable (games, chat etc.) we can 'switch it up'.
- It is important to have a balance between screen time and green time. Green time can be any activity that helps us grow that is not on a screen. Eg. sport, reading, craft, music, board games, dance.



Some conversation starters for home:

- What are your favourite screen time activities? (games, apps, websites, shows) And why?
- What feelings do you notice when you're online... excited? happy? Frustrated? angry?
- If you had to 'switch it up' and make a change to one of your online habits, for the better, what would it be?
- Let's think of some new green time activities that we could try this month. Any ideas?



YEARS 5/6 | TERM 2, 2025
INFORMATION FOR PARENTS & CARERS

Here's what we covered:

- Apps and games use addictive features like infinite scroll, rewards, and streaks to keep us engaged and make it hard to switch off.
- When we recognise things we do online that make us feel uncomfortable, we can seek help and take charge of our tech habits by switching things up.
- Screen time isn't bad, but it's healthy to balance it with green time (things we do away from screens). Green time can include things such as: sport, reading, craft, music, board games, dance etc.



Some conversation starters for home:

- What parts of being online make it hard for you to put down devices?
- If all devices broke for the day, what would your go-to green time activity be?
- Can you think of a time when you or someone you know, felt uncomfortable online? What happened?
- Where can you go to for help if you are feeling uncomfortable online? (Trusted Adults, Kids Helpline, eSafety website)



INTER-SCHOOL WINTER SPORTS COMPETITIONS – AFL FOOTBALL

Congratulations to all the senior students who recently represented the school so well in AFL football last Wednesday. Our boys' and girls' teams positively encouraged each other and showed excellent sporting spirit throughout the whole day. Well done to all three teams!



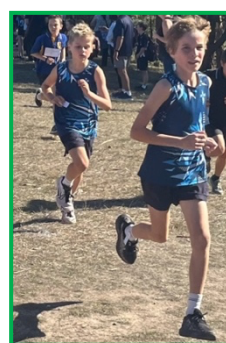
INTERSCHOOL CROSS COUNTRY

Congratulations to the 28 students who represented the school so well in Cross Country Running at Federation University on Monday. We wish the following students who made it through to the next stage, the Greater Western Region Cross Country Championship on **Monday 26th May**, all the best:

9/10 Boys -Oliver P (9th place), Hamish B (11th Place)

11 Boys – Fletcher S (8th place), Henry R (9th place)

12 Girls – Olivia Mc (1st place) Morgan N (11th place)



FOUNDATION (PREP) 2026

All Ballarat Catholic Primary Schools are now concluding the 2026 Foundation (Prep) enrolment process. Applications close on **Thursday 22nd May at 4pm**. 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.

WELLBEING UPDATE

Mental Health in Primary Schools (MHIPS):

This year STMCPs is pleased to be a part of the Mental Health in Primary Schools initiative. This is supported through the Murdoch Children's Research Institute, the University of Melbourne and the Department of Education.

An integral part of MHIPS is the appointment of a Mental Health and Wellbeing Leader (MHWL). This is a new role in our school and encompasses several key responsibilities, including:

- Building the capacity of school staff to identify and support students with mental health concerns.
- Supporting the school in creating clear care pathways and connecting students identified as needing further assessment and intervention to local services.
- Coordinating targeted mental health support for students by working with school staff, school community members and external agencies.
- Implementing effective mental health strategies aligned with social and emotional learning and adopting a whole-school approach to wellbeing and learning initiatives.

Children's mental health is fundamental to their development and learning. Good mental health means having a positive sense of wellbeing, coping with challenges and being able to realise individual potential. You can find out more about this initiative on the MHIPS [website](#).



LINEWISE PULSE:

Another new initiative we have introduced is an online wellbeing platform for our Yr 3-6 students called Pulse. Our students will check in each Thursday and respond to 5-7 questions developed from the ARACY Wellbeing Framework:



Importantly, the first 2 questions asked are:

‘How am I feeling today?’

‘Do I need help?’

These questions differ to the others as they are identifiable. Teachers and the Wellbeing team can quickly respond to the needs of our students in real-time. The remaining questions are deidentified – the students contribute to comprehensive data based on their responses in the areas from the ARACY Framework. As a school, we can then use the information from this data to develop targeted interventions, focused assembly news items, newsletter feeds, push relevant SchoolTV posts, Parent Workshops or engage in relevant class discussions.

To find out more about this check in program please follow this link: [Pulse Parent Information Link](#)

Kelly McMahon

(Mental Health & Wellbeing Leader)

Here is the link to the Cultural Diversity:

[Cultural Diversity](#)

'Cultural diversity encompasses the variety of cultures, beliefs, and traditions present globally, contributing to a rich tapestry of human experiences and perspectives. By valuing every child's cultural background, we enable them to excel in all facets of life. Nurturing an environment of curiosity, open-mindedness, and respect for all cultures, will not only promote unity but a deeper appreciation of the nuances that distinguish us.

Inclusion is about more than just words; it's about fostering a sense of belonging and acceptance for every child, regardless of their cultural background. When children and adolescents feel seen and valued for who they are, they can thrive academically, socially, and emotionally. Valuing and understanding cultural diversity, helps our communities benefit from a wealth of perspectives and experiences, enhancing our collective capacity for empathy and innovation.

As parents and adult carers, instilling an appreciation for cultural diversity is vital to equip young people with the tools they need to navigate an increasingly interconnected world. Through leading by example and showing that kindness and understanding knows no boundaries, we can encourage them to embrace multiculturalism. This will not only prepare young people for personal success, but also for contributing to a world that views diversity as a strength. Through collective efforts, we can help pave the way for a more accepting and vibrant future.' (School TV, 2025)



May God bless you all and keep you safe,

Mr Simon Duffy
Principal

MOTHER'S DAY BREAKFAST 2025



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Term 2 Calendar

Week	Monday	Tuesday	Wednesday	Thursday	Friday
4 May	12 Interschool Cross Country	13 Admin Appreciation Day	14	15 Assembly @ 2:55pm presented by 5/6 Smith	16 Year 5 'SEED' at St. Parick's College & Loreto College 9:00-1:30pm Year 3/4 attending Musical production at Loreto College 10:00am – 2:00pm
5 May	19 School Advisory Council (SAC) Meeting @ 5pm	20	21 Year 5/6 attending Musical production NEWSIES at St Patrick's College 10:30-2:00pm	22	23 Special Person Day Whole School Prayer @ 2:55pm presented by 1/2 Brady/Bird
6 May	26 Catholic Education Week Greater Western Region Cross Country Championships	27	28 Year 5/6 interschool Soccer	29	30 Year 3/4 Mass 9.15am at STMCPs
7 May/June	2	3	4 Year 1/2 Excursion to Fairy Park	5 Whole School Prayer @ 2:55pm led by 5/6 Dodd	6 Year 5/6 Interschool - Netball
8 June	9 King's Birthday Public Holiday	10 Year 5/6 Camp	11 Year 5/6 Camp	12 Assembly @ 2:55pm presented by Foundation Cudia	13 Yr 5/6 Interschool Sport against Emmaus PS
9 June	16	17	18 Greater Western Region Soccer Competition	19	20 Mass celebrating St Thomas More Feast Day @ 9.15am and Talent Show @ 12.30pm Greater Western Region Netball Competition
10 June	23	24	25 Greater Western Region Football Competition	26 Assembly @ 2:55pm presented by 1/2 Harris	27
11 June/July	30 Fullness of Life Parent Information session @ 2:30pm	1	2 Semester One Student Reports available. Inform and Empower Parent Session @ 7:00pm	3 Whole School Prayer @ 2:55pm led by Foundation Gannon	4 Casual Clothes Day Last Day of Term 2 1.45pm finish

BALLARAT & SURROUNDS

ALL GIRLS 5 WEEK PROGRAMS

AFLW Player Visits attending as part of the AFLW Community Camp



REGISTER
NOW



4 - 7 YEAR OLDS

Grass stains are guaranteed at NAB AFL Auskick. An introductory program to Australian rules football, teaching skills through fun activities and mini games.

Ballarat & Surrounds ALL Girls Auskick

Monday 4:15 PM - 5:15 PM

Starting 26th May - Brown Hill Rec Reserve

AFLW Western Bulldogs Players attending 5th June session extra session

USE DISCOUNT CODE: 3FA7976E



7 - 12 YEAR OLDS

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

Ballarat & Surrounds ALL Girls SUPERKICK

Monday 4:15 PM - 5:15 PM

Starting 26th May - Brown Hill Rec Reserve

AFLW Western Bulldogs Players attending 5th June session extra session

USE DISCOUNT CODE: 3FA7976E



REGISTER
NOW



PLAY.AFL