

Dear Families,

SWIMMING PROGRAM

Our intensive swimming program begins next week where students participate in daily sessions for a full week. It is always fantastic to see the students grow in their skill ability, confidence and knowledge of water safety in such a short amount of time. We thank the swim teachers from the Swim and Survival Academy who teach our students these vital skills. Swimming session times for all classes are listed on the Term 3 calendar which can be found on page five of this newsletter.



SCHOOL IMPROVEMENT SURVEY

Every five years a school is involved in a School Review process. St Thomas More Catholic Primary School is due to participate in this in 2026. In preparation for this, Insight SRC is conducting surveys of staff, students, and parents on behalf of our school and the Diocese of Ballarat Catholic Education Limited (DOBCEL). The surveys are designed to assist schools in gaining an understanding of staff, students' and parents' perceptions of the students' experience of school. The results will benefit everyone within the school by providing valuable information about the ways in which the school can use staff, student and parent input to plan programs and activities to improve future experiences offered at the school.

100 families were randomly selected to participate in this survey. If you received an invitation to be involved, you are strongly encouraged to complete the online survey by **Friday 15 August 2025**.

LEARNING SUPPORT OFFICER (LSO) APPRECIATION DAY

Yesterday we celebrated Learning Support Officer Appreciation Day; an opportunity to recognise and thank our 19 wonderful Learning Support Officers (LSO) for their hard work and dedication to our students.

Learning Support Officers (LSOs) play a vital role in education by assisting students with diverse learning needs to access the curriculum and thrive academically, socially and emotionally. Working closely with teachers, LSOs provide targeted support, adapt learning materials and help create inclusive classroom environments. They often work one-on-one or in small groups, offering encouragement and personalised strategies to help students overcome challenges. Their dedication, patience, and understanding make a significant impact on student achievement and wellbeing.



ROAD SAFETY

The ongoing traffic concerns along Elaine Avenue and the school drive-through continue to be monitored to inform a decision that is in the best interest of creating and maintaining a safe environment for all.

ART COMPETITION

Thank you to the 146 students who entered artwork pieces in the 2025 STMCPs Art Competition this year. First, second and third prizes were awarded to students In Foundation, Years 1/2, Years 3/4 and Years 5/6. All entries were of a very high standard and reflected a great amount of care, creativity and effort. Year level winners are:

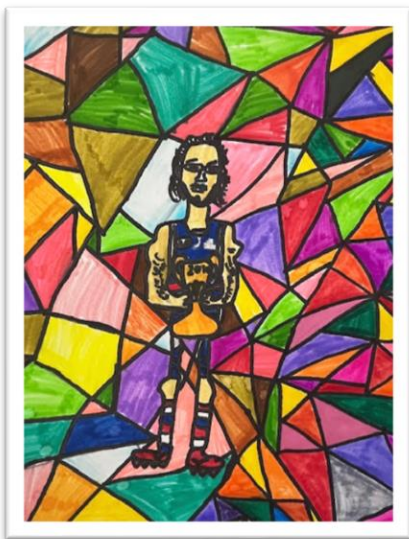
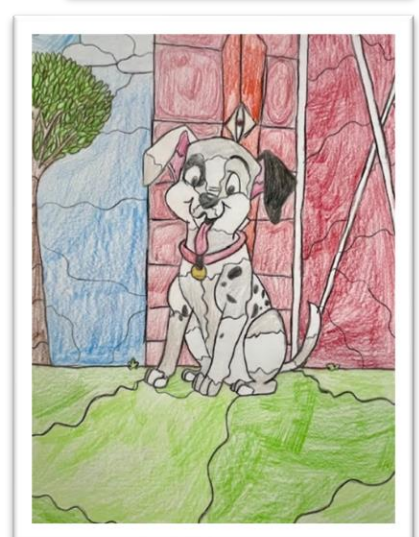
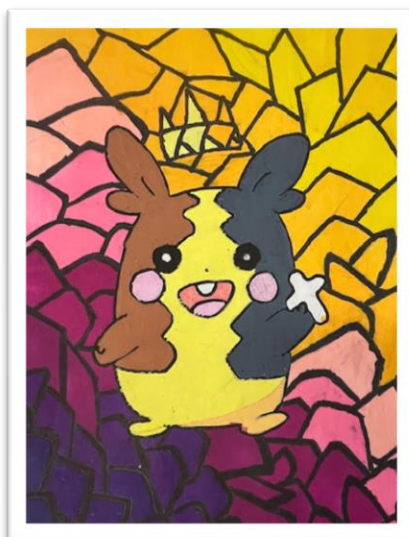
Foundation: Evie Johns, Mia Jones and Ella McGuiness

Grades 1/2: Josh Gitty, Adeline Bayles and Lizzie Trevenan

Grades 3/4: Ollie Kent, Ava Riordan and Seb Mulcair

Grades 5/6: Andrew Kajo, Michael Elksnis and Mary Wilson

The winners and some of the amazing winning artworks are pictured here.



INFORM & EMPOWER

Starting this week all classes will be undertaking their Term 3 Inform and Empower online session. The topics covered this term are all about safety and privacy. Below are some ideas for conversation starters at home that you may wish to explore with your child/ren.

FOUNDATION | TERM 3, 2025
INFORMATION FOR PARENTS & CARERS

Here's what we covered:

- Our screen is like a big city - sometimes it's unsafe or confusing.
- Not everything on our screen is safe or meant for us.
- Trusted adults can help us stay safe when we're having screen time.

My Screen is Like a City

Some conversation starters for home:

- Why do we always hold a trusted adult's hand when crossing a road?
- How can screen time sometimes feel like being in a busy city?
- What does confused mean? Have you ever felt confused when you're using having screen time? What did you do?

YEARS 1/2 | TERM 3, 2025
INFORMATION FOR PARENTS & CARERS

Here's what we covered:

- There are some types of information we need to keep private online, such as our name, address, school, passwords and photos.
- Who Could It Be? (on the internet with me)*
- If someone online asks us for any personal information, we need to tell one of our trusted adults who can help us block & report.
- We need to keep our personal information private because the internet can be accessed by everyone - and not everyone is a trusted person.
- Fake, Care, Don't Share*

Some conversation starters for home:

- Let's look at your usernames, passwords and profiles together and see how safe they are.
- What should we do if someone in a game or app asks us for personal information, such as your name, address or photos?
- If you were in a game on the internet with a player called 'pinktiger12', how old do you think this person could be? Boy? Girl? Man? Woman? Safe? Unsafe?

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

Here's what we covered:

- There are times when we might feel uncomfortable online. This can happen when messaging, gaming or using any apps or websites.
- We have options to help us navigate uncomfortable situations online.
 - Seek Help
 - Record/Screenshot
 - Report
 - Block/Change settings
 - Take a Break
- Being an upstander can include: letting a trusted adult know, reaching out to the person being impacted or calling it out online. It takes bravery to be an upstander.

Some conversation starters for home:

- Has a friend ever mentioned feeling uncomfortable or upset about something online?
- If you ever felt uncomfortable or upset about something online, what are some options you have?
- Aside from me (parent/carer), where else could you go for help and support?
 - Other adults & Kids Helpline website
- How could you be an upstander when you see someone else being made to feel uncomfortable online?

YEARS 5/6 | TERM 3, 2025
INFORMATION FOR PARENTS & CARERS

Here's what we covered:

- There will be times online we feel uncomfortable. This could be because of something we've seen or something that's being said to us.
- We have options to help us navigate uncomfortable situations online.
 - Seek Help
 - Record/Screenshot
 - Report
 - Block/Change settings
 - Take a Break
- One way of being kind and brave online is by being an upstander. This might be sending a supportive message to someone, calling out hurtful actions directly or telling a trusted adult.
- Consent, in the context of digital interactions, means asking for and receiving permission from someone before sharing their private photos or personal information online.

Some conversation starters for home:

- Can you think of a time when you, or someone you know, felt uncomfortable online?
- Have you ever been on the Kids Helpline website? Let's check it out together.
- Have you ever had to block or report another user? What happened?
- Have you ever seen other people act as an upstander online? What did they do?
- Why do you think it's important to get consent before sharing a somebody's photo or video?

FOUNDATION STUDENTS CELEBRATING 100 DAYS OF SCHOOL

Our Foundation students recently celebrated a very special milestone—100 days of school! Dressed as 100-year-old citizens, they marked the occasion with a fun-filled day of activities all centred around the number 100 and imagining life at 100 years old. From counting challenges to creative crafts, the students embraced every moment with joy and enthusiasm. The day was made even more memorable thanks to their wonderful ‘aged care’ teachers—Mrs Gannon, Mrs Cudia, and Ms Edwards—who joined in the fun and helped make the celebration truly unforgettable. Here's to being 100 days brighter!



School TV: UPDATE WEEK 4, 2025: RAISING BOYS

Here is the link to the Raising Boys edition of SchoolTV:

<https://stmalfredton.catholic.schooltv.me/newsletter/raising-boys>

‘Many parents will attest to the fact that most boys are active, loud, rambunctious and prone to rough play, but this should not affect how a parent acts towards their son. Be careful not to pigeon-hole your son into sex-specific behaviours or gender roles. The male brain is distinctly different in its development. A boy’s physical maturity is often at odds with his mental and brain development.

Societal beliefs about how to raise boys can sometimes influence their adult carers. Although we are not determined by our biology, it is a factor. It is important to support boys in their natural tendencies and nurture their strengths and abilities. Teach them the skills they need for their future and to develop a healthy identity. It is important for boys to have a role model they can connect with and acknowledge who they are. One of the most important determinants for a boy’s development is how secure they feel growing up.

In this edition of SchoolTV, adult carers will gain a better understanding into some of the more complex issues relating to raising boys.

We hope you take time to reflect on the information offered in this edition of SchoolTV and we always welcome your feedback. If you have any concerns about your child, please contact the school counsellor for further information or seek medical or professional help.’ (SchoolTV, 2025)



School TV: A FREE WEBINAR – DIGITAL MEDIA LITERACY & SAFETY

This free and exclusive, one-off event is fast approaching and we’d love to see our families benefit from the insights of two of Australia’s leading experts, Susan McLean and Dr Michael Carr-Gregg.

They will share invaluable insights on how to empower young people to navigate the online world safely and responsibly. The Webinar, Digital Media Literacy & Safety (Part III), will take place online on Wednesday 3rd September at 7:30pm. Prior registration is essential. Details at the end of this newsletter.

CASUAL CLOTHES DAY

To assist with Year 6 student Olivia McConchie’s trip to Queensland in September to represent the school and Victoria in the National Cross-Country titles, the school will hold a casual clothes day on **Friday 29th August**. Staff and students are invited to contribute a gold coin donation to show their support for Liv. All donations will be passed on to Liv to contribute towards expenses involved with her participation.

WELCOME BACK SIMON

Next week we welcome Simon back to St Thomas More following his eight-week secondment role at the Catholic Education Office in Ballarat as a Principal Consultant. We trust that his time in this role has been interesting, insightful and rewarding and that the experience gained will bring further positive ideas, strategies and outcomes to our school setting.

May God bless you all and keep you safe,

Trish Caldwell

Trish Caldwell
Acting Principal

Term 3 Calendar, 2025

Week	Monday	Tuesday	Wednesday	Thursday	Friday
4 Aug	11	12 LSO Appreciation Day	13	14 <i>Whole School Prayer @ 2:55pm led by 5/6 De Bono/Edmends</i>	15 Catholic School Athletics
5 Aug	18 <i>School Advisory Council Meeting – 5pm</i>	19	20 <i>Year 3/4 Excursion to Werribee Zoo 9-5pm</i>	21 <i>Assembly @ 2:55pm presented by 3/4 Woodhart</i>	22 Yr 5/6 Interschool Basketball
Swimming Program 11:30 - 12:15pm: Foundation Gannon & 1/2Hammill 12:15 – 1:00pm: Foundation Edwards, 1/2Stacey 1:00pm – 1:45pm: Foundation Cudia, & 1/2Turkenburg/Blachon					
6 Aug	25	26	27	28 <i>Assembly @ 2:55pm presented by Foundation Edwards</i>	29 <i>Year 1/2 Mass 9.15am Casual Clothes Day – Gold coin donation</i>
Swimming Program 11:30 - 12:15pm: 1/2Calleija & 1/2Harris 12:15 – 1:00pm: 3/4Hawkes/Larkin & 5/6Dodd 1:00pm – 1:45pm: 3/4Hare & 5/6Baker					
7 Sept	1	2	3 <i>Free Digital Media & Safety Webinar online @ 7:30pm Registration required</i>	4 <i>Father's Day stall Whole School Prayer @ 2:45pm led by 5/6 Baker</i>	5 <i>Father's Day Breakfast -</i>
Swimming Program 11:30 - 12:15pm: 3/4Calleija & 5/6Davis 12:15 – 1:00pm: 3/4Woodhart & 5/6De Bono/Edmends 1:00pm – 1:45pm: 3/4Gittings/Hobbs & 5/6Smith					
8 Sept	8 <i>Parent/ Teacher/Student learning conferences 3.00 – 6.45pm</i>	9 <i>Parent/ Teacher/ Student learning conferences 3.00 – 6.45pm</i>	10	11 District Athletics Day <i>Assembly @ 2:55pm presented by 5/6 Dodd</i>	12 <i>Book Week Dress-up Day & Parade</i>
9 Sept	15	16	17 <i>Whole School Prayer@ 2:55pm led by Foundation Cudia</i>	18 <i>Last Day of Term 3 1.45pm finish</i>	19 <i>School Professional Development Day</i>



A FREE WEBINAR

Digital media literacy & safety

PART III

Supporting Primary & Secondary students

This webinar is **Part III of a series**.
In this session, topics include:

- New Social Media Regulations
- Digital Footprint and Reputation
- Screen Time and Brain Development
- Parental Controls



Online, Wednesday
3 September, 2025
7.30 - 8.30 pm



Dr Michael Carr-Gregg

Renowned child and adolescent psychologist, Michael has years of experience working with young people and families and was Chair for the Cybersafety Committee.



Susan McLean

As Australia's foremost cybersafety expert and founder of Cyber Safety Solutions, Susan will offer proactive strategies to help keep young people safe.

**Don't miss out.
FREE event.
Scan to register.**

