



NEWSLETTER

Dear Families,

Yesterday we joined in the national commemoration of *Remembrance Day* with a special whole school prayer service that was led by the students from 3/4 Hawkes/Larkin class. We remembered that this year marks the 107th anniversary of the Armistice, which ended the First World War in 1918.



REMEMBRANCE DAY
Left We Forget

A PRAYER FOR REMEMBRANCE

Ever-loving God,

We remember those whom you have gathered from the storm of war into the peace of your presence;
May the same peace calm our fears, bring justice to all people and establish harmony in our world.

We ask this through Jesus Christ, our Lord.

Amen.

SOCIAL MEDIA AGE RESTRICTIONS INFORMATION

Helping Families Prepare for the New Social Media Age Restrictions

The Australian Government is introducing new age restrictions for social media, meaning young people under 16 years of age will no longer be able to create or maintain accounts on most major platforms, including TikTok, Instagram, Snapchat, Facebook, X (Twitter), and YouTube.

These changes are designed to make online spaces safer and more age-appropriate for children and teenagers. The goal is to give young people time to develop the digital literacy, emotional resilience and social skills they need before engaging in social media use.

What This Means for Families

For many families, this shift may feel significant. Social media has become a common way for young people to connect with friends, follow interests and express themselves creatively. The upcoming restrictions may mean young people lose access to some of the platforms they currently use daily.

The eSafety Commissioner encourages families to start preparing now. Their 8-Step Action Plan for Under-16s offers a helpful guide for supporting children through this change. It suggests families:

- Check which apps your child currently uses and note which will become age restricted.
- Make a list of friends, family and groups your child wants to stay connected with and think about other ways to do this.
- Explore new ways to follow creators, learn and socialise through age-appropriate platforms.
- Back up photos, videos and messages your child wants to keep.
- Start reducing social media use gradually to avoid a sudden change.
- Keep communication open about how your child is feeling and any challenges they face.

How Parents Can Support Their Children

Parents play a crucial role in helping young people navigate this transition. The eSafety Commissioner's website offers a dedicated section for parents at esafety.gov.au/parents. This page includes step-by-step guidance, practical tips and resources to help families manage online safety and digital wellbeing at home. The eSafety site also has a section written specifically for young people with advice on staying connected, protecting their privacy and coping with change.

Families can also access free **eSafety webinars**, designed to help parents and carers understand current online risks, learn how to set up parental controls and explore ways to foster positive online habits. These webinars are a valuable opportunity to hear from experts and ask questions in a supportive environment.

Where to Find Help

If your child experiences something distressing online — whether or not they're using a restricted platform — they can still report it and seek support through eSafety's **I Need Help** page. Services like **Kids Helpline (1800 55 1800)** are also available 24 hours a day for young people aged 5 to 25.

For more details, resources, and the full action plan, visit the [eSafety Commissioner's website](#) and explore their pages for both parents and young people. Starting these conversations early can help families navigate the transition smoothly and confidently.

PASTORAL CARE WORKER

We are currently advertising for a Pastoral Care Worker to join our St Thomas More Catholic Primary School staff in 2026 working three days a week. If you know of someone who may be fantastic for this role, please direct them to the *Employment Section* of our school website for more details. Applications close **24th November**.

<https://www.stmalfredton.catholic.edu.au/our-school/employment/>



SPORTING SUCCESS

Recently Olivia McConchie (Year 6) and June Goodwin (Year 5) participated in the Primary All-Schools Golf Championship held at Midlands Golf Course. Olivia came first and June came runner up. As a result, they have both qualified for the Greater Western Regional Championships next week. We wish them both all the best. Olivia also had great success at the State Athletics championships last week placing first in the 1500m and third in the 800m.



INTERSCHOOL CRICKET

Last Wednesday our senior students competed in the Eureka Division cricket tournament. Our three teams represented the school well and a great day was had by all. A big thanks to our staff for coaching these teams on the day.



INFORM AND EMPOWER

All classes in the school have now been involved with this Terms *Inform and Empower* online sessions. Attached at the end of the newsletter are the topics covered in each year level and some great conversation starters for you to chat with your child about these topics.



SCHOOL FEE AGREEMENT 2026

Families have received their 2026 School Fee Arrangement Form to be completed. This form is a compulsory requirement for all families/fee payers and is to be signed by all parties responsible for fee payments regardless of how you intend to finalise your account for 2026. All forms must be returned via email to feeagreements@stmalfredton.catholic.edu.au no later than **Monday 24th November 2026**.

ENROLMENTS 2026

I would 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 as we continue to receive frequent enquiries from families seeking enrolment positions for 2026.

CHRISTMAS CAROLS AT SCHOOL

Our Parents & Friends group are in the process of organising our school Christmas Carols for **Thursday 4th December**, starting at **5pm**. This will take place on the school oval and all students will be involved in performing various Christmas carols. This is a free event where families are invited to bring along their dinner and a rug or chairs to sit on. More details to come.



THANKSGIVING MASS AND YEAR 6 GRADUATION

Our Thanksgiving Mass will be held on **Monday 15th December** at **9.15am** at St Thomas More Catholic Primary School, to which all families are most welcome to attend. At this mass we will acknowledge our graduating Year 6 students and departing staff while sharing a final celebration as a school community for 2025. The Year 6 parents have organised a special Year 6 Graduation Dinner to be held at the Ballarat Golf Club on **Wednesday 17th December**.

FINAL DAY FOR STUDENTS 2025

This year the final day for students will be **Thursday 18th December**. We have planned a picnic at the Victoria Park Playground for the students, staff and families. More details will be sent out in the next newsletter.

School TV: MANAGING SCREEN TIME

<https://stmalfredton.catholic.schooltv.me/newsletter/managing-screen-time>

In this edition of SchoolTV - Managing Screen Time

'As a result of the global pandemic, there has been a noticeable shift in the amount of time people spend on screen-based devices. Families are transitioning back to pre-COVID routines, but many are still struggling to re-establish the boundaries and rules around screen use. Some families continue to deal with digital conflict and tech-tantrums on a daily basis. The latest research found that 77% of teenagers spend more than five hours on screens per day, but it is important to note that not all screen time is considered equal.

Parents play a crucial role in modelling a positive and healthy approach to using screens and assisting children to navigate the content they watch. It is better to model and mentor screen use, rather than monitor it. Children tend to do more of what they see adults do, and less of what we tell them to do. However, it is still important to outline the risks and highlight the benefits of screen use to ensure you keep a balanced attitude. Encourage discussions around the issues that people experience in monitoring their screen time and be honest about your own difficulties.

Parents need to remain firm in their approach to managing screen time. Excessive screen time can be detrimental to a child's overall wellbeing. Ensuring the correct privacy settings are in place is vital to prevent children from being inadvertently exposed to inappropriate content or online predators. Parents need to also be mindful of the potential impact screen time can have on a child's social, emotional, educational, behavioural and even physical domains.

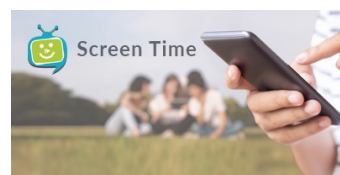
In this edition of SchoolTV, caregivers will be provided with a range of guidelines and strategies to help manage screen time at home.

(School TV, 2025)

May God bless you all and keep you safe,

A handwritten signature in blue ink that reads "Simon Duffy".

Mr. Simon Duffy,
Principal



Term 4 Calendar, 2025

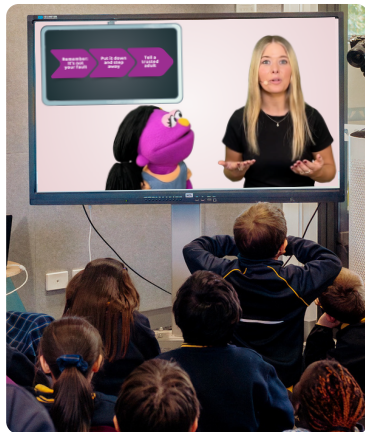
Week	Monday	Tuesday	Wednesday	Thursday	Friday
6 Nov	10 SAC Meeting 5pm	11 <i>Remembrance Day</i> <i>Whole School Prayer</i> <i>@ 10:45am led by</i> <i>3/4 Hawkes/Larkin</i>	12 Foundation 2026 Transition session & Parent Information Meeting 9.15 – 11am	13 <i>Assembly @ 2:55pm</i> <i>presented by</i> <i>5/6 De Bono/Edmends</i>	14 Foundation Mass at school 9.15am
7 Nov	17 Victorian State Basketball Championships- Boys Team MSAC, Albert Park	18	19 Foundation 2026 Transition session 9.15 – 11am	20 <i>Assembly @ 2:55pm</i> <i>presented by</i> <i>3/4 Gittings/Hobbs</i>	21
8 Nov	24	25	26 Foundation 2026 Transition session 9.15 – 1pm.	27 Year 3/4 Camp <i>Whole School Prayer</i> <i>@ 2:55pm led by</i> <i>1/2 Harris</i>	28 Year 3/4 Camp
9 Nov/ Dec	1	2 Yr 6 Orientation Day @ Loreto, Damascus and St Patrick's Colleges	3 Yr. 6 Adventure Park Excursion	4 <i>Whole School Prayer</i> <i>@ 2:55pm led by</i> <i>3/4 Woodhart</i> Christmas Carols on the oval 5-7 pm	5
10 Dec	8 Classroom Helpers Thank You Afternoon Tea	9	10	11 <i>Whole School Prayer</i> <i>@ 2:55pm led by</i> <i>5/6 Smith</i>	12
11 Dec	15` End of Year Thanksgiving Mass & Year 6 Graduation 9.15am at STMCPs Going up day session for 2026 classes REPORTS GO HOME	16	17 <i>Nativity - Whole School</i> <i>Prayer</i> <i>@ 2:30pm led by</i> <i>Foundation classes</i> Yr 6 Graduation Dinner at Ballarat Golf Club @ 6pm	18 Students' final day Fun activity day & picnic at Victoria Park Dismissal @ 1.45pm	19 Staff Day - final day.

Inform and Empower – Term 4 Parents Info

FOUNDATION | TERM 4, 2025
INFORMATION FOR PARENTS & CARERS

Here's what we covered:

- We sometimes see things online that make us feel uncomfortable (worried, scared, confused, upset etc.)
- If this does happen, there are 3 things to do:
 - Remember: It's not your fault
 - Put the device down and step away
 - Tell a Trusted Adult
- SONG: [Feeling Uncomfortable](#)
- Trusted Adults are grown ups who believe us, listen to us, help us and keep us safe.
- SONG: [Trusted Adults](#)



Some conversation starters for home:

- Can you name some uncomfortable feelings?
- Are there certain apps, websites or games that ever make you feel uncomfortable?
- What are some steps you could take when this happens?
- Can we come up with a list of safe and fun online activities, apps & games?

YEARS 1/2 | TERM 4, 2025
INFORMATION FOR PARENTS & CARERS

Here's what we covered:

- We often see ads when we're online games. Ads are there to try and sell us something
- Ads can show up when we're watching videos as well as in many games we play
- Digital Detectives are good at spotting ads and recognising what they are trying to do
- SONG: [Digital Detective](#)
- Being kind online means being friendly, helpful or fair to others



Listen to all of our songs by searching for "Ollie Online" on Spotify, Apple Music or YouTube.



Some conversation starters for home:

- What are some ads you've seen while being online lately?
- How did these ads make you feel?
- Who do you think made the ad and why?
- What are some ways we could be kind to others online this week?

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

Here's what we covered:

- There is personal information about ourselves that we shouldn't share online. This includes our full name, address, school, photos and passwords.
- Some people online will use tricks or lies to take something from you, like your money or personal information. This is called an online scam.
- Not everyone online is who they say they are, and not all interactions are safe. Some red flags to look out for include:
 - Sending links or asking to change apps
 - Asking lots of questions
 - Giving you lots of compliments
 - Tells you to keep a secret



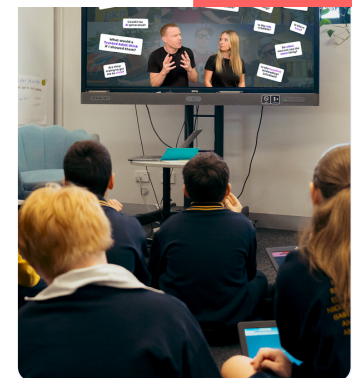
Some conversation starters for home:

- What information should you keep private online? Why is this important?
- Discuss and share examples of "scams" you've both come across online.
- Check your child's profile together on their favourite game/app - are there any changes you could implement to make their experience safer? Is there any information that should be made private?

YEARS 5/6 | TERM 4, 2025
INFORMATION FOR PARENTS & CARERS

Here's what we covered:

- We need to think critically when we're online. We should ask questions:
 - Who made this and why?
 - Could it be AI generated?
 - Is this misinformation or disinformation?
 - Is it trying to sell me something?
- Online scams are tricks or lies that people use on the internet to take something from you, including your money or personal information. Some sus signs to look out for include:
 - Feels too good to be true
 - requests for personal info
 - uninvited messages
 - urgency
 - wanting you to click a link



Some conversation starters for home:

- Imagine a world where everyone believed everything they read/watched online. What do you think this would be like?
- Have you seen any deepfake images or videos online pretending to be someone? Why could this be dangerous?
- What sort of scams have you seen online? What were some of the 'sus' signs?
- Who are some online celebrities? (e.g. MrBeast) Are they good role models? Why or why not?



Queries:
Coach Sean
0411 602 204

SUMMER

Holiday Program

**\$65
per
day**

**8am - 5pm
Mon - Fri**

Kinder - Grade 6
All different sports and
games, join the fun!

DEC

15th - 24th

JAN

5th - 30th

Location

Our Holiday Program will be running at the
Ballarat Netball Association these holidays!

115 Barkly St, Golden Point, 3350

**Nerf
Games**

**9th
Jan**

**Kelly
Sports
Games**

**16th
Jan**

**Summer
Games**

**23rd
Jan**

Kids need to bring along a
big packed lunch & large
refillable drink bottle. Dress in
comfortable sports clothing!

Ballarat Netball Association
115 Barkly St, Golden Point, 3350
8am - 5pm Weekdays
Kinder - Grade 6 - Enroll online

We will NOT be running
MON 26th January
public holiday

www.kellysports.com.au/greater-ballarat