



NEWSLETTER

Dear Families,

Welcome back to Term 2. I hope the Easter holidays provided your family with a valuable opportunity to rest, recharge and enjoy quality time together. These breaks are so important for our students' wellbeing and we trust they have returned refreshed and ready for the term ahead.

Term 2 is always a rich and engaging time in the school year. Alongside continued academic growth, we look forward to several important events, faith celebrations and opportunities to strengthen our sense of community. We are excited to see our students continue to develop as learners who are curious, confident and connected.

ANZAC DAY COMMEMORATION

At tomorrow's school assembly, we will take time to acknowledge the significance of ANZAC Day. This day holds deep meaning for Australians and New Zealanders as we remember those who have served and sacrificed in wars, conflicts, and peacekeeping missions. Students will be encouraged to reflect on the values of courage, mateship and service, and to understand the importance of remembrance in shaping our national identity. As a school community, we take time to honour those who gave their lives, as well as those who continue to serve today.



MOTHER'S DAY CELEBRATIONS

We look forward to celebrating the special role that mothers, grandmothers and female carers play in the lives of our students. Several events have been organised to mark this occasion:

Mother's Day Stall – Thursday 7th May

Our Parents and Friends Association will host a Mother's Day stall where students can purchase a small gift for their mother or special carer. All gifts are priced at \$5. Please ensure your child brings \$5 on the day.

Whole School Prayer – Thursday 7th May (2:50pm)

Our afternoon prayer gathering will focus on giving thanks for the care, love and support provided by mothers and carers. Families are warmly invited to attend. We kindly ask that visitors arrive and are seated quietly in the Multipurpose Room by 2:50pm.

Mother's Day Breakfast – Friday 8th May (7:00–8:45am)

The Parents and Friends Association will also host our annual Mother's Day breakfast. This is always a wonderful community event, providing an opportunity for families to come together before the school day begins. Egg and bacon rolls and fruit juice will be available. No booking is required, however, please note that the busiest time is typically between 8:15am and 8:45am. If you are able to assist, please contact Amy Donald adonald1905@gmail.com



YEARS 3-6 ATHLETIC SPORTS DAY

Our Years 3-6 school Athletics Day will be held on **Friday 15th May**, and we are seeking parent volunteers to assist with the smooth running of events throughout the day.

If you are available to help with any of the events your assistance would be greatly appreciated. Your involvement helps make the day enjoyable and successful for all students. Please contact Melissa Willey, our sport coordinator at mwilley@stmalfredton.catholic.edu.au if you are able to assist.

SCHOOL PASTORAL CARE WORKER

I'm pleased to announce that **Mrs Kaye Lock** has been appointed as our school's Pastoral Care Worker. Kaye is an experienced educator and counsellor specialising in pastoral care, student wellbeing and counselling. She is trained and experienced in trauma-informed practice, counselling, social-emotional learning and wellbeing program development. Kaye will be assisting the school in the following area -Student Wellbeing • School Counselling • Trauma-Informed Practice • Social & Emotional Learning • Wellbeing Curriculum Development • Child Safe Standards • Family Engagement • Berry Street Education Model • Respectful Relationships • Workshop Facilitation.

Kaye will start with us in Week 3 of Term 2. She will be working three days per week (Tuesday, Wednesday and Thursday) and looks forward to working alongside staff, students and families to meet the needs of our school community.



WEDDING CONGRATULATIONS

We are delighted to share the happy news that our Year 3/4 teacher, Talee Hare (now Mrs Talee Martin), recently married Nick Martin. This special occasion marks a wonderful new chapter in their lives and we wish them every happiness as they begin their journey together. On behalf of our entire school community, we extend our warmest congratulations and best wishes for a lifetime filled with love and joy. Congratulations Tale and Nick!



FIRST COMMUNION – 2026 ENROLMENTS

The online enrolment form for the Sacrament of First Communion (2026) for students is now open. This sacrament is an important step in the faith journey for students who have recently completed Reconciliation. The parent information session will be held on **Wednesday 29th April at 9am** at St Thomas More. We encourage families to complete the enrolment process promptly to assist with planning and preparation for the program.

👉 Please register using the following link:

<https://forms.gle/CGyBVwus16bWz4QF8>

If you have any questions about the sacramental program, please do not hesitate to contact the parish or the school.



DIGITAL WELLBEING – INFORM & EMPOWER PROGRAM

This term, we continue our partnership with the Inform and Empower Cyber Safety & Digital Wellbeing program. Through this initiative, students will participate in live-streamed sessions led by qualified teachers, endorsed by the eSafety Commissioner. These sessions are designed to support students in developing safe, respectful and responsible online behaviours. Topics covered will include:



- Responding to unwanted online contact
- Understanding and preventing cyberbullying
- Safe sharing of personal information
- Help-seeking strategies
- Balancing screen time with healthy offline activities (“green time”)

Families will receive a concise tip sheet each term outlining the content covered, along with practical suggestions to support ongoing conversations at home. We strongly encourage families to engage with these resources, as working together is key to promoting safe digital habits.

BEFORE SCHOOL CARE – ‘THE Y’

Before School Care continues this term at Alfredton Primary School, operating each school day from **6:30am to 8:45am**. This program provides a safe, supportive and engaging environment for children before the start of the school day. Both permanent and casual bookings are available to suit family needs. For further information or bookings, please contact: ☎ 03 4311 1500

✉ alfredton.oshc@yballarat.org.au



We believe in the power of inspired young people

SPECIAL PERSONS DAY – FRIDAY 28TH MAY

Some advance notice to let families know that we are once again hosting our Special Persons Day, an event that celebrates the important people in our students' lives.

The afternoon will run as follows:

1:30pm: Special persons arrive and wait in the school yard

1:45pm: Students meet their special person(s)

2:20pm: Classroom visits, where students share their learning and participate in activities together

2:45pm: Whole School Prayer in the Multipurpose Room

3:15pm: Event concludes

Families are welcome to bring along a small, shared snack to enjoy during the outdoor portion of the afternoon.



WINTER UNIFORM REMINDER

As we move into the cooler months, this is a timely reminder of our winter uniform options.

Sports Uniform:

Shorts, skorts or tracksuit pants

Blue school polo shirt (long or short sleeve)

Academic Uniform:

Winter pinafore with white socks or navy tights

Grey shorts or grey pants with grey socks

Blue school polo shirt (long or short sleeve)

Additional Expectations:

The school jumper should be worn as the next layer with the academic uniform.

A soft-shell or puffer jacket may be worn over the jumper.

Families are encouraged to use discretion and select the most appropriate uniform based on weather conditions.

Maintaining correct uniform standards supports a sense of pride and belonging within our school.

School TV: Update Week 1, 2026: RESILIENCE

Here is the link to the Resilience: [Resilience](#)

'Resilience is one of those skills that all kids need and should have. It refers to their ability to cope and adapt in situations when confronted with challenges such as adversity, trauma, tragedy or even stress. It is essential to their mental health and wellbeing as part of their journey to adulthood. It is a skill that can be learned from an early age through the support of an adult role model.

However, being resilient does not mean your child won't experience any difficulties, but it will better equip them to manage those situations. Overprotective parenting can be viewed as being unhelpful towards the building of resilience. Although this may be a natural instinct, potentially experiencing failure is all part of the process. Encouraging children to take healthy risks will help them trust their capacity to deal with uncomfortable situations and increase their capacity for courage.

In this edition of SchoolTV, parents will gain an understanding of how to support their child's brave behaviour to help them adapt and build resilience.

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.' (School TV, 2026)

Catholic Care's Term 2 Parent Sessions Flyer has been attached to the end of our Newsletter. These sessions are open to all parents in our Ballarat Community. There are single session workshops 'Kids & Worry' and 'Connecting with Kids' and also multi-session workshops 'Tuning into Kids'. All sessions are free to attend.

Also attached at the end of our Newsletter is a flyer regarding the importance of eating breakfast. We encourage all students to come to school having had breakfast so that they are ready to have a full day of learning and thriving at STMCPs.



WELLBEING SUPPORT – THE ORANGE DOOR

The wellbeing of our students and families is always a priority. The Orange Door offers free and confidential support for families who may need assistance. They can help with:

- Parenting support and family wellbeing
- Relationship concerns
- Family violence support
- Access to services such as counselling, housing, financial assistance, and legal support
- Safety planning and wellbeing strategies

This is a valuable service available to all families and no referral is required.

👉 For more information: <https://www.orangedoor.vic.gov.au/>



SEEKING DONATIONS OF EGG CARTONS

Egg cartons are a resource that we use consistently throughout the year for paint distribution and crafting during Visual Art classes. If you have any unwanted egg cartons at home throughout the year, you are invited to send these into the art room. Your support is much appreciated.

School Closure days in 2026 (Student free)

Date	Purpose
Friday 5 th June	Mental Health - staff professional development
Friday 31 st July	Religious Education - staff Professional Development
Tuesday 1 st September	FLARE Literacy - staff Professional Development
Monday 2 nd November	Curriculum planning and reporting

As we begin Term 2, we thank you for your continued support and partnership. Working together, we can ensure a positive, supportive and enriching experience for all students.

May God bless you all and keep you safe,

Simon Duffy
Principal

Term 2 Calendar, 2026

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1 April	20	21	22	23 Whole School Prayer @ 2:55pm led by 5/6 Smith	24
2 April/May	27	28	29 Sacramental program Eucharist - Parent info session 9 am at St Thomas More	30 Assembly @ 2:55pm presented by 3/4 Gittings/Willey	1 Year 5/6 Interschool Football
3 May	4	5	6	7 Mother's Day Stall Mother's Day Liturgy Prayer @ 2:55pm led by our 1/2 Classes	8 Mother's Day Breakfast 7 – 8.30am
4 May	11 Interschool Cross country	12 Year 5 Secondary Education Experience Day (SEED) 9:00-1:30pm St Pat's & Loreto College	13	14 Whole School Prayer @ 2:55pm led by Foundation Cudia	15 School Athletics Day Years 3-6 at Llanberris
5 May	18	19	20	21 Assembly @ 2:55pm presented by 5/6 Larkin	22 Junior F-2 Athletics Carnival at St Thomas More School
6 May	25 Catholic Education Week	26	27	28 Special Persons Day Whole School Prayer @ 2:55pm led by 3/4 Martin	29 Year 5/6 interschool Soccer Year 3/4 Mass 9.15am
7 May/June	1	2	3	4 Assembly @ 2:55pm presented by 1/2 Turkenburg/Bourke	5 School closure day Staff PD - Mental Health training day
8 June	8 King's Birthday- Public Holiday	9	10	11 Whole School Prayer @ 2:55pm led by Foundation Gannon	12 Yr 5/6 Interschool Netball
9 June	15	16	17	18 Assembly @ 2:55pm presented by Foundation Edwards School production @6pm at Ballarat Civic Hall	19 Yr 5/6 Interschool sport STM versing Emmaus
10 June	22 St Thomas More Feast Day Mass 9.15am	23	24	25 Assembly @ 2:55pm presented by 1/2 Hammill	26

What's On: Term 2

All programs are delivered by our qualified and passionate facilitators.

Multi-Session Programs

Tuning in to Kids | 6 Sessions, Tuesdays

Helping parents and carers build their skills to help their children develop emotional intelligence and manage their emotions, using 'emotion coaching'. For parents with kids aged 3-12

FREE | Tuesdays | 28 Apr - 2 Jun | 10:00am - 12:00pm

Family Relationship Centre, 34 Peel St North, Bakery Hill, Vic



Tuning in to Teens | 6 Sessions, Wednesdays

Helping parents and carers build their skills to help their children develop emotional intelligence and manage their emotions, using 'emotion coaching'. For parents with teens 10-17.

FREE | Wednesdays | 29 Apr - 3 Jun | 10:00am - 12:00pm

In Person

Family Relationship Centre, 34 Peel St North, Bakery Hill, Vic



Tuning in to Teens | 6 Sessions

Helping parents and carers build their skills to help their children develop emotional intelligence and manage their emotions, using 'emotion coaching'. For parents with teens 10-17.

FREE | Time: TBC | Dates: TBC | Time: TBC

Online via Zoom



Single-Session Workshops

See page 2.



Register:
www.catholiccarevic.org.au/workshops

1800 123 228 | (03) 5337 8999
34 Peel Street Nth, Ballarat VIC 3350

Single-Session Workshops

Kids and Worry

Explores reasons why children worry and practical tools to help parents and carers assist children to manage their anxieties.

FREE | Wednesday 29 Apr | 6.00pm - 7.30pm

Online via Zoom

1 session



Connecting with Kids

Learn more about the children's brain and emotional development. The Connecting with Kids workshop helps parents and carers learn how to use emotional intelligence to understand and guide children's behaviour.

FREE | Thursday | 21 May | 10:00am - 11:30am

In Person

Family Relationship Centre, 34 Peel St North, Bakery Hill, Vic



Registrations are essential for all of our programs and workshops, places are limited.

Please call us if you have questions on (03) 5337 8999 or email ballarat.reception@catholiccarevic.org.au



**Register: [www.catholiccarevic.org.au/
workshops](http://www.catholiccarevic.org.au/workshops)**

Keep informed on our programs across Victoria at www.catholiccarevic.org.au
(03) 5337 8999 | 34 Peel Street Nth, Ballarat VIC 3350

SOCIAL EMOTIONAL LEARNING @ STM

The Power of Breakfast

Starting the day with something in your child's tummy can make a big difference to their energy, concentration, and wellbeing. A balanced breakfast helps stabilise blood sugar, improves mood, enhances cognitive functions like memory and concentration and assists problem-solving skills and hand-eye coordination (BrownHealth University, 2026)

On The Go Options:

A banana or other piece of fruit



Yoghurt pouch or tub

Wholegrain toast

Cheese and crackers

A smoothie



Ready-to-drink

breakfast



More Time options:

Model good habits for your child by eating together, exploring new foods options and preparation of food

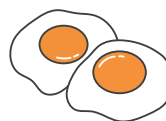
High fibre foods such as wholegrain bread and cereals



Avocado on Toast



Eggs



Wholemeal pancakes

