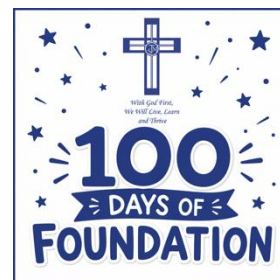




Dear Families,

Today was a wonderful day of celebration as our Foundation students marked their **100th day of school**. It has been a joy to watch the incredible growth they have made since the beginning of the year as they continue to live, learn and thrive within our school community. I couldn't be prouder of what our Foundation students have achieved, supported every step of the way by their dedicated classroom teachers and learning support staff. Congratulations to all our Foundation students on this significant milestone—we look forward to seeing their confidence and learning continue to flourish throughout the remainder of the year.



COMBINED PARISH PROFESSIONAL DEVELOPMENT DAY

A reminder to families that **Friday, 31 July** is a **school closure day** for students. On this day, the staff from our four parish primary schools—St Patrick's Primary School, Siena Catholic Primary School, St Columba's Primary School and St Thomas More Catholic Primary School—will come together for a Religious Education Retreat. We are privileged to have the retreat facilitated by Bishop Mark Freeman and our local parish priests. The day will also include Mass at St Patrick's Cathedral and valuable opportunities for staff to collaborate, strengthen partnerships across our parish schools and continue planning high-quality Religious Education experiences for all students.



LEARNING SUPPORT OFFICER APPRECIATION DAY



Next Tuesday we will celebrate **Learning Support Officer Appreciation Day**, where we recognise the outstanding contribution our Learning Support Officers make every day within our school. Their care, patience and commitment enable students to feel supported, encouraged and successful in their learning. They work closely alongside teachers to provide personalised assistance and help create positive learning environments for all students. If your child is supported by one of our wonderful Learning Support Officers, we encourage you to take a moment to thank them for the difference they make to the lives of our students each day.

CELEBRATING THE FEAST OF ST MARY OF THE CROSS MACKILLOP

Next **Thursday, 6th August**, we will celebrate the Feast of **St Mary of the Cross MacKillop**, Australia's first saint. The students from **Year 5/6Dodd** will lead our school community in prayer at **2:45 p.m.**, and families are warmly invited to attend. Mary MacKillop dedicated her life to serving others, particularly children and those experiencing hardship. She founded the Sisters of St Joseph of the Sacred Heart and established the first St Joseph's School in a converted stable in Penola, South Australia. Canonised in 2010, St Mary of the Cross remains an inspiring role model of faith, compassion, courage and service to others.



STUDENT HAIR EXPECTATIONS – A REMINDER TO FAMILIES

As we commence the new semester, we ask all families to support our school's expectations regarding student presentation. Our uniform and grooming standards help foster a sense of pride, belonging and equality within our school community, ensuring that the focus remains on learning.

In accordance with our School Uniform Policy:

- Hair that is collar length or longer must be tied back.
- Students must not have coloured hair and are required to wear conventional haircuts.
- Extreme hairstyles such as rat tails, mohawks, obvious patterns and mop tops are not acceptable.
- Students' hair colour must remain its natural colour. This includes bleaching, patching, heavy tipping, highlights or any other form of artificial colouring.
- Hair should be clean, neatly groomed and presented in a manner consistent with our school standards.
- Any hair accessories should be from the school approved list and are available from Noone, 4 Armstrong St North, Ballarat central.

These expectations apply to all students and help ensure fairness and consistency across our school. They also reinforce the values of respect, responsibility and pride that underpin our Catholic school community. If a student's haircut or hair colouring does not meet the expectations outlined in our policy, families will be contacted and asked to rectify the matter within an agreed timeframe.

Families are also reminded that students are not to wear nail polish to school and if wearing earrings, students may only wear sleepers of small plain studs.

We thank all families for their ongoing support in maintaining the high standards of presentation that reflect the values of St Thomas More Catholic Primary School.

YEAR 3/4 VISIT TO LORETO COLLEGE

Our Year 3/4 students returned today after attending a wonderful music performance at Loreto College. Students enjoyed an engaging one-hour concert showcasing the talents of the Loreto bands alongside many other local schools. The performance celebrated the arts while providing our students with inspiring role models and an opportunity to see what can be achieved through dedication, practice and a love of music. We thank Loreto College for their warm hospitality and for providing such an enjoyable and enriching experience for our students.

SUPPORTING SAFE USE OF DIGITAL DEVICES

Thank you to all families for your ongoing support of our updated procedures regarding students bringing mobile phones and smartwatches to school. Your cooperation has helped ensure that all personal digital devices are safely stored throughout the school day, allowing students to remain focused on learning and social interactions without unnecessary distractions. Creating a safe, respectful and positive learning environment is a shared responsibility, and we greatly appreciate the partnership we have with families in supporting these important expectations.

SCHOOLTV – [Raising Boys](#)

This week's **SchoolTV** edition focuses on **Raising Boys**, offering practical advice to help parents support boys' emotional, social and physical development. The resource explores healthy identity, resilience, positive role models and creating a strong sense of security and belonging. We encourage families to take a few minutes to explore this valuable resource and discuss the ideas together at home.



SCHOOL CLOSURE DAYS IN 2026 (STUDENT FREE)

Date	Purpose
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

INFORM & EMPOWER

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

May God bless you all and keep you safe,

Mr Simon Duffy
Principal

Here's what we covered:

- Our screen is like a big city - it can sometimes be unsafe or confusing.
- Not everything on our screen is safe or meant for us.



- Trusted adults can help keep us safe when we're having screen time.



Some conversation starters:

- Why do we always hold a trusted adult's hand when crossing the road?
- How can screen time sometimes feel like being in a busy city?
- What does "confused" mean? Have you ever felt confused while using your screen? What did you do?
- Listen to *My Screen is Like a City* & *Trusted Adults*.



Listen to all of our songs by searching for "Screen Time Superstars" on Spotify, Apple Music, or YouTube.

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.



- If someone online asks us for personal information, we need to tell a trusted adult, who can help us block and report them.

- We need to keep our personal information private because the internet can be accessed by everyone, and not everyone is a trusted person.



Some conversation starters:

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



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

Here's what we covered:

- We have options to help us navigate uncomfortable situations online.
 - Take a screenshot
 - Block or report
 - Take a break
 - Talk to a trusted adult
- Snitching or dobbing is about trying to get someone into trouble. Help-seeking (or being an upstander) is about trying to get yourself (or someone else) out of trouble.
- Consent means giving permission. Before sharing a photo, video or anything about someone else online, we need to ask for permission and wait for a clear yes.



Some conversation starters:

- Has a friend ever mentioned feeling uncomfortable or upset about something online?
- If you ever feel 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?

Further Support:



Here's what we covered:

- The law can apply to serious online behaviour, including (but not limited to) cyberbullying, threats, and sharing private images without permission.
- We have options to help us navigate uncomfortable situations online.
 - Take a screenshot
 - Block or report
 - Take a break
 - Talk to a trusted adult
- Snitching or dobbing is about trying to get someone into trouble. Help-seeking (or being an upstander) is about trying to get yourself (or someone else) out of trouble.
- Consent means giving permission. Before sharing a photo, video or anything about someone else online, we need to ask for permission and wait for a clear yes.



Some conversation starters:

- 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?

Further Support:



Term 3 Calendar, 2026

Week	Monday	Tuesday	Wednesday	Thursday	Friday
3 July	27	28	29 Foundation students celebrating 100 Days of School	30 Assembly @ 2:55pm presented by 5/6 Baker	31 School Closure Day - Staff Religious Education Professional Development Day Student-free day
4 Aug	3	4 Learning Support Officers Appreciation Day	5	6 Whole School Prayer @ 2:55pm led by 5/6 Dodd	7 Catholic School Athletics for qualifying students
5 Aug	10 School Advisory council meeting 5pm	11	12	13 Assembly @ 2:55pm presented by 5/6 Smith	14 Yr 5/6 Interschool Basketball for selected students
Swimming Program: 11:30-12:15pm Foundation Gannon & 1/2 Hammill 12:15-1:00pm Foundation Edwards and 1/2 Stacey 1:00-1:45pm Foundation Cudia and 1/2 Turkenburg/Bourke					
6 Aug	17	18	19	20 Whole School Prayer @ 2:55pm led by 3/4 Gittings/Willey	21 Year 1/2 Mass 9.15am
Swimming Program: 11:30-12:15pm 1/2 Allan and 1/2 Edmends 12:15-1:00pm 3/4 Hawkes/DeBono and 5/6 Dodd 1:00-1:45pm 3/4 Martin and 5/6 Smith					
7 Sept	24	25	26	27 Assembly @ 2:55pm presented by Foundation Gannon	28
Swimming Program: 11:30-12:15pm 3/4 Calleija and 5/6 Baker 12:15-1:00pm 3/4 Woodhart and 5/6 Larkin 1:00-1:45pm 3/4 Gittings/Willey and 5/6 Davis					
8 Sept	31 Parent/ Teacher Student Learning Conferences 3.00 – 6.45pm	1 School Closure Day- Staff Professional Development in Literacy	2 Parent/ Teacher Student Learning Conferences 3.00 – 6.45pm	3 Father's Day stall Whole School Prayer @ 2:45pm led by 3/4 classes	4 Yr 5/6 interschool sport Father's Day breakfast 7am – 8.30am
9 Sept	7	8	9 Eureka Athletics for qualifying students	10 Assembly @ 2:55pm presented by 1/2 Edmends	11 Book Week Parade 9am
10 September	14	15	16	17 Whole School Prayer @ 2:45pm led by Foundation Edwards	18 Last day of Term 3 -1.45pm dismissal

SOCIAL EMOTIONAL LEARNING @ STM

Self Regulation Plans

Self regulation plans or 'Calm Cards' were introduced to STM CPS during our McKillop Institute led ReLATE (Reframing Learning and Teaching Environment) professional learning sessions. These cards are developed by each student, with support from the teacher, to identify things that may create stress or dysregulation; strategies that support personal regulation; and adults that the student feels could support them during dysregulation. It's like a proactive emergency toolkit that can be used and referred to help students to remain or return to calm at a more stressful time. The Raising Children Network has some great information for parents in the area of self-regulation and behaviour for children.

4Rs (Resilience, Rights and Respectful Relationships)

Term 3 Topic: Problem Solving

In this topic, students learn a range of problem solving techniques they can apply when confronting personal, social and ethical dilemmas. They have opportunities to engage in scenario-based learning to practise their problem solving skills in relevant situations

Year 3/4:



Aims

Activities within this topic area will assist students to:

- identify communication skills that enhance relationships
- describe characteristics of cooperative behaviour and identify evidence of these in group activities
- contribute to and predict the consequences of group decisions in a range of situations
- identify a range of conflict-resolution strategies to negotiate positive outcomes to problems
- discuss the concept of leadership and identify situations where it is appropriate to adopt this role
- describe and apply strategies that can be used in situations that make them feel uncomfortable or unsafe.



**SPECIAL
OFFER**

TERM 3

SIBLING DISCOUNT!

1ST SIBLING PAYS FULL PRICE,
ADDITIONAL SIBLING(S) 20% off



ST THOMAS MORE PRIMARY MONDAYS

**GYMNASTICS & CIRCUS
3:20PM - 4:20PM**

\$19 + GST per session

TUESDAYS

**MULTI-SPORT
3:20PM - 4:20PM**

BASKETBALL | FOOTBALL | SOCCER |
LACROSSE | BADMINTON

10 WEEK PROGRAMS PREP TO GRADE 6

SIGN UP AT ANY TIME DURING THE TERM!



ENROL ONLINE

WWW.KELLYSPORTS.COM.AU/GREATER-BALLARAT

QUERIES: TEXT SEAN 0411 602 204



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

P: 03 5334 2244 E: admin@stmalfredton.catholic.edu.au I: www.stmalfredton.catholic.edu.au ABN: 77 131 997 830