

NEWSLETTER

Dear Families,

On Friday this week we join catholic schools and organisations to support Catholic Mission Australia, with our annual Mission Market Day. Catholic Mission Australia works to support children and families in over 160 countries worldwide. Students are encouraged to bring along silver coins to spend at the many and various stalls that our students have been busily preparing. The activities and stalls will run from 1.45 – 2.45pm and all items/stall activities are priced less than \$1 so students are encouraged to bring silver coins to spend.



WORLD TEACHERS' DAY

Next **Thursday, 29th October**, we celebrate **World Teachers' Day** here at St Thomas More Catholic Primary School. It is a chance for our school community to recognise and celebrate the incredible contributions our fantastic teachers make. World Teachers' Day is an opportunity to celebrate the teachers who are making an impact on the lives of the students at St Thomas More, and it provides an opportunity to say, "Thank you". I encourage families to reach out to your child's teacher/s and say "Thank you" next Thursday. A special morning tea is being organised to celebrate and thank our dedicated teachers.



SCHOOL ADVISORY COUNCIL 2027

We are currently seeking parent nominations for our School Advisory Council (SAC) for 2027. The SAC acts as an advisory body to the principal on matters relating to the operation of the school. The SAC supports the principal in the directions / policies of the school. It offers advice to assist with planning for the present and the future operation of the school. I encourage those interested to click the link below to find out more and to determine whether such a position is of interest to them. The SAC meets once per term.

<https://forms.gle/3mpnXx3MXxJUE3nv6> SAC nominations close on **Friday, 23rd October at 1pm**.

FORTHCOMING SCHOOL CLOSURE DAYS

A reminder that we have a school closure day (Pupil Free Day) on **Monday, 2nd November**, to allow staff to undertake assessment and reporting requirements. **Tuesday 3rd November** is a public holiday for the Melbourne Cup therefore the school will be closed on Tuesday as well as Monday. School will resume on **Wednesday 4th November**.

CLASS GROUPINGS FOR 2027

As we begin planning for the 2027 school year, our staff are currently working through the important process of creating class groupings for next year. This is a thoughtful and collaborative process, with input from classroom teachers and specialist staff who know the students well. Each child has had the opportunity to nominate friends and peers that they feel they would work well with; this information will assist us in forming balanced, positive learning groups. Again, this year, we will not be seeking additional feedback from families regarding class placements, as we are confident in our professional judgement and the care and knowledge that our teachers bring to this process. We look forward to shaping engaging and supportive classes where every child can live, learn and thrive in 2027!

ENROLMENTS 2027

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 who are seeking enrolment positions for 2027.

RITE OF CHRISTIAN INITIATION OF ADULTS WITH CHILDREN OF CATECHETICAL AGE. (RCIC)

The Ballarat Cathedral Parish is offering the Initiation journey for children during October and November. The spiritual journey of conversion for young people between the ages of seven and fourteen and have not been baptised, is modelled on the four stages of the adult journey (RCIA). The process for children is an opportunity to introduce them to the life of Jesus and invite them to a lifetime of discipleship and prayer. The children, with their parents, will be involved in a process of formation appropriate to their age and needs. It is an opportunity for the children to explore Prayer, Scripture, Mass and the Sacraments after which they will make their commitment to full initiation into the Catholic Church. An information session for interested parents will be held at **6.00pm on Thursday 22nd October** in the MacKillop Room at St Parick's Cathedral. The process then involves attendance for four Sunday afternoons concluding with 5.00 pm Mass.

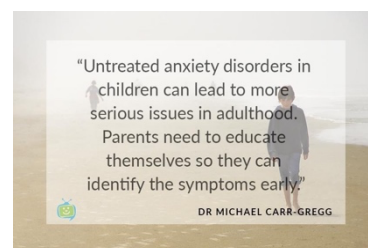
For further information contact Susan Crowe: sm.crowe23@gmail.com

School TV: Anxiety- [Youth Anxiety](#)

'Most young people today experience anxiety at some point in their life. Sometimes that slight rush of anxiety that occurs prior to an exam or sporting event, can enhance their performance. However, experiencing too much anxiety, over long periods of time, can be extremely damaging to their health and wellbeing. There is a difference between 'good' and 'bad' anxiety.'

Statistics show that the psychological health of young people today is far worse than it was a generation ago. This is having an adverse effect on children in both primary and secondary levels. Some of their issues of concern include stress, school, study, body image and friendship.

Parents need to be aware of the warning signs of 'bad' anxiety. There are preventative measures parents can implement as well as teaching their children the skills to cope more efficiently with their anxiety.



STATE ATHLETICS CHAMPIONSHIPS

We have five students who have progressed to the state athletics championships that are scheduled to be held on **Thursday 29th October** at Lakeside Stadium in Albert Park. We congratulate the following students for their success at the recent Greater Western Region (GWR) finals and wish them further success at they compete against students from other regions:



9/10 Boys Relay Team- 2nd placed at GWR:
Harry Larkin
Jack Cavill
Jimmy Richardson
Myles Baker



9/10 Shot Put - Vance Kirkpatrick – 2nd placed at GWR



9/10 Hurdles – Myles Baker – 1st placed at GWR

May God bless you all and keep you safe,

Mr. Simon Duffy,
Principal

Term 4 Calendar, 2026

Week	Monday	Tuesday	Wednesday	Thursday	Friday
3 Oct	19	20	21	22 <i>Whole School Prayer @ 2:55pm led by 3/4 Calleija</i>	23 <i>Mission Market Day</i>
4 Oct	26 <i>Year 3/4 Camp to Cave Hill Creek</i>	27 <i>Year 3/4 Camp to Cave Hill Creek</i>	28	29 <i>World Teacher's Day Whole School Prayer @ 2:55pm led by 1/2 Hammill</i>	30 <i>Foundation Excursion to MOPA</i>
5 Nov	2 <i>School closure day - Assessment and reporting</i>	3 <i>Melbourne Cup Day Holiday</i>	4	5 <i>Assembly @ 2:55pm presented by Foundation Cudia</i>	6 <i>Yr 5/6 Interschool Cricket</i>
6 Nov	9 <i>SAC Meeting 5pm</i>	10	11 <i>Foundation 2027 Transition Session #1 9.15 – 11am Remembrance Day Whole School Prayer @ 10:45am led by 5/6 Larkin</i>	12	13 <i>Year 3/4 Mass 9.15am</i>
7 Nov	16	17	18 <i>Foundation 2027 Transition Session #2 9.15 – 11am</i>	19 <i>Assembly @ 2:55pm presented by 3/4 Martin</i>	20
8 Nov	23	24	25 <i>Foundation 2027 Transition Session #3 9.15 – 1pm</i>	26 <i>Whole School Prayer @ 2:55pm led by 1/2 Turkenburg/Bourke</i>	27
9 Nov/ Dec	30	1 <i>Catholic Secondary Schools Transition Day - Yr 6 to Yr 7 Going up day</i>	2 <i>Yr. 6 Adventure Park</i>	3 <i>Whole School Prayer @ 2:55pm led by 3/4 Hawkes/De Bono Christmas Carols 5pm – 7pm</i>	4
10 Dec	7	8	9	10 <i>Whole School Prayer @ 2:55pm led by 1/2 Allan</i>	11 <i>End of Year Mass and Yr 6 Graduation 9.15am</i>
11 Dec	14	15 <i>Nativity Whole School Prayer 2.30pm</i>	16 <i>Yr 6 Graduation dinner at Golf club 6pm</i>	17 <i>Last day of Term 4 Final Fun Day & Picnic at Vic Park Dismissal 1.45pm</i>	18 <i>Staff Day.</i>

SOCIAL EMOTIONAL LEARNING @ STM

Resilience, Rights & Respectful Relationships

Term 4 Topic 3: Positive Coping: Yr 1-6

This term our whole school RRRR learning focuses on identifying and describing strategies to manage and moderate emotions in varying situations. We will be asking students to identify a range of productive coping strategies and practise self-calming (self-regulating) techniques.

Example Activity 3: Yr 5/6 Key Coping Strategies

Brainstorm coping strategies together as a class and then group into 5 categories.

Discuss when these strategies are useful: at school and out of school.
Students reassess their own positive coping plan - self-regulation plan.
Check in frequently with students.

