If there is light in the soul,
There is beauty in the person,
If there is beauty in the person,
There will be harmony in the house,
If there is harmony in the house,
There will be order in the nation,
If there is order in the nation,
There will be peace in the world.

Dear Parents & Members of Our School Community
Welcome back! It was great to see so many smiling faces on Monday for the first day of Term Three. Hopefully you all had a great holiday and the opportunity to spend time together relaxing and enjoying the break. Holidays are great – but coming back to school at the beginning of term and sharing stories about the holidays and catching up with friends, can be just as good.

This term is shaping up to be extremely busy with Performing Arts, Confirmation and Athletics Carnivals taking centre stage. I would like to take this opportunity to wish best of luck to all the students who are participating in the Performing Arts Program in the next few weeks. It takes a lot of commitment on behalf of children and parents to participate in such events between learning new pieces, rehearsals and performances, and then fitting all this in with the normal classroom and home duties.

School Uniform: Thank you to the students who returned to school this week looking so smart in their school uniforms. Of particular note was the fact that I could see so many of their lovely faces after they had a mid-year hair trim. Parents thank you for your ongoing support in this matter.

New Car Parking Bays: The eagle eyed amongst you may have noticed some work that took place over the holidays; with the addition of more parking bays along Melville Street. We thank the Town of Claremont for their assistance with this project and also for contributing financially to half of the cost of the works.

School Photos: School Photos will be held next Wednesday 27 July. Children need to be dressed in full winter uniform, including tie and school jumper (not jacket). Please ensure school shoes are polished and hair is neat, tidy and tied up if below the shoulders.

Bishop’s Religious Education Literacy Test: Yet again this year all students in Year Three and Five will be taking part in the Bishop’s Religious Education Literacy Test. However, this year all students who are participating in the Performing Arts Program in the next few weeks. It takes a lot of commitment on behalf of children and parents to participate in such events between learning new pieces, rehearsals and performances, and then fitting all this in with the normal classroom and home duties.

Confirmation: Please keep in your prayers the Year Six class who are preparing for their Confirmation. This is a significant event in their faith/life journey. The Confirmation Mass will take place on Friday 12 August starting at 6.00pm sharp. The Parent Meeting will take place on Thursday 4 August, with the Retreat for the students taking place on Wednesday 3 August.

P&F News: One of the major events on this year’s P&F calendar is the Dinner/Dance. This is to be held on Saturday 30 July in Prindiville Hall, Notre Dame University, Fremantle. This is the first of our two major fundraisers for our school in 2016. It promises to be a fantastic night. A significant amount of work has been put into preparing for this event and I would encourage all families to attend and enjoy the festivities. Friday is the last chance to purchase tickets. Order forms are on our website at: http://www.stthomas.wa.edu.au/images/pdf/ST_Thomas_Dance_Order_Form_Notre_Dame.pdf

Cyberbullying: On 1 July 2015 the Australian Government introduced the Office of Children’s eSafety Commissioner and the Enhancing Online Safety for Children Act 2015. The Act allows children suffering from serious cyberbulling to contact the Office of the Children eSafety Commissioner to have content removed if social media companies do not remove the offending content after it has been reported to them. Resources can be found on the Office’s website www.esafety.gov.au. I encourage you to talk to your children about this issue.

Before School Set-Down/ After School Pick-Up: Drivers who wish to park their vehicles outside the school grounds before and after school are asked to take the children to the undercover area in the mornings and collect them from the same area after school. In terms of safety, pedestrians must use the paved pathways in the school grounds and stay off the basketball/netball court.

All drivers are asked to use College Road from one direction only – i.e. approaching from Warden Street. This facilitates a continuous flow of left-turning vehicles from College Road into the set-down/ pick-up area. Children both leave and board vehicles from the left-side doors near the paved or undercover areas, and drivers can then proceed through the exit gates, turn left into College Road, and proceed towards Melville Street. Traffic flow therefore moves safely in an anti-clockwise direction around the school at these peak times. Thanking you for your support with this safety matter.

Parent Contact: In accordance with our Pastoral Care Beliefs we understand that in this financial climate, it may become difficult to keep up with educational/financial demands. If you find yourself in this position, please do not hesitate to contact myself to make alternate arrangements e.g. incremental payments. All conversations and arrangements are strictly confidential.

P&F Meeting: The next P&F Meeting will take place on Thursday 4 August. This will take place in the School Hall commencing at 9.00am — all welcome.

With regards and best wishes
Justin Tuohy
Principal
This term the Year 6 students will be receiving the Sacrament of Confirmation. Please keep these children in your thoughts and prayers. The Confirmation Mass is Friday 12 August at 6pm. Thank you to the Year 4/5 Choir who are singing at the Mass. We welcome all members of the school community that can attend.

The Sacrament of Confirmation is the third of the three sacraments of initiation. Confirmation is a Catholic Sacrament of mature Christian commitment and a deepening of baptismal gifts. Confirmation perfects our baptism and brings us the graces of the Holy Spirit that were granted to the Apostles on Pentecost Sunday. It is most often associated with the gifts of the Holy Spirit.

The Sacrament of Confirmation completes the sacrament of Baptism. If Baptism is the sacrament of rebirth to a new and supernatural life, Confirmation is the sacrament of maturity and coming of age. Confirmation is a sacrament of empowerment. It gives the strength to follow Jesus and to become involved in the mission which Jesus left to the Church. Confirmation is a true sacrament instituted by Christ and different from Baptism. It is administered by laying-on of hands and anointing with chrism accompanied by prayer. The chrism is blessed by the bishop and the bishop administers the sacrament. All baptised persons can and should be confirmed. The effect of the Sacrament of Confirmation is to give strength in faith and for the confession of faith and to impress an indelible character.

This term other liturgical events this term where we appreciate your attendance are:

Wednesday Parish Mass (Year 6) Wednesday 27 July- 12.30pm
Feast of the Assumption (prepared by the Year 3) Monday 16 Aug- 9am
School/Parish Mass (preparede by Year 6) Saturday 20 Aug- 5.30pm
Parish Mass (Year 5) Wednesday 24 August- 12.30pm
Fathers Day Liturgy (Prepared by PP) Friday 2 September- 9am
Parish Mass (Year 4) Wednesday 14 September- 12.30pm
School/Parish Mass (prepared by Year 1) Saturday 17 Sep- 5.30pm

This week I have shared one of my favourite personal prayers below...Wishing you a blessed week

Mrs Sullivan

Lord, I want to be responsible for my own life, and I want to make positive choices each day. Inspire me to get my priorities right and be generous in my care and concern for others. In busy days and casual days remind me, too, of my basic human need for personal time and quiet and space, and lead me to respect the personal needs that others also have. We thank you for your gifts to us of skills, talents, and abilities. May we use them to the best of our abilities and grow as the people you want us to be.

Lord, open us up to your Spirit living within us, that we may live fully each day of our lives. Touch us that we may become more aware of all that is around us, growing in a sense of wonder and awe, and in appreciation for all that we see and hear and touch and taste and smell. May we live in such a way that we never take anything for granted, but always be appreciative and express our thanks to those who are part of our lives.

Amen
The canteen will be open
TOMORROW
and every Friday for Term 3

(the extra open day will be a trial for term three and depending on how many parents are able to assist with canteen duty)

There are some exciting NEW menu items!

www.ouronlinecanteen.com.au

If you are able to help with canteen on Monday’s and/or Fridays (12:15 pm to 1pm) please email Nat Bogoias at: natalie.bogoias@gmail.com

Sports uniform is required to be worn MONDAY 25 July

Wednesday 27 July is School Photo Day

Class, individual and family photos (family is all children from the same family attending St Thomas’ - forms available from the front office)
All children Kindergarten to Year 6 have been issued with an order form. ALL forms must be returned with your child/ren on Wednesday even if you don’t wish to order prints or have ordered online, as they need to be scanned by the photographer. Please ensure your child comes to school on Wednesday in correct winter uniform, hair brushed, shoes shinned, smile at the ready and with their form.

Thanks
By encouraging your child to do some physical activity every day, you’re helping your child to be healthy now and setting up healthy habits for life. Daily physical activity can also be a lot of fun!

About physical activity for children
Physical activity is great fun, an important part of play and learning, and essential for healthy growth and development. It’s also natural for children to move and be physically active. Babies rock their bodies and kick their feet, and toddlers love to move around, dance, climb and jump. Many older children enjoy organised sports and playground games, and many children like a bit of rough-and-tumble play.

Australian guidelines on children’s physical activity
Australian guidelines recommend that children aged:
- 0-1 years should have some physical activity, like floor play, each day
- 1-5 years should be physically active for at least three hours each day, with activity spread across the day
- 5-18 years should do at least one hour of moderate to vigorous physical activity each day.

‘Moderate physical activity’ includes activities that get your child gently huffing and puffing. They’re about as intense as a quick walk.

‘Vigorous physical activity’ includes activities that get your child huffing and puffing a lot, and sweating. This could be running games or riding a bike fast.

Physical activity doesn’t have to be done all at once, or even in big blocks. Your child can do it in small blocks of time throughout the day.

Why physical activity is good for children
Physical activity is good for your child’s health – now and in the future.

Benefits of physical activity include:
- strong bones and muscles
- healthy heart, lungs and arteries
- improved coordination, balance, posture and flexibility
- reduced risk of becoming overweight or obese
- reduced risk of heart disease, cancer and type-2 diabetes later in life.

Physical activity is also great for helping your child to be happy and well in other areas of life.

For example, active children are more likely to:
- be confident and feel like they belong
- be happy and relaxed
- sleep well
- concentrate better at school
- get along with others and make friends easily
- share, take turns and cooperate.

Types of physical activity
Physical activity isn’t necessarily ‘exercise’.
Your child doesn’t have to play an organised sport or do push-ups to benefit. Opportunities for free outdoor play are just as important and valuable. It does help, though, if you make daily plans for when and where your child can be active.

Simple physical activities can include:
- going for walks or walking to child care or school
- spending time in places like playgrounds
- playing in parklands, shallow water at the beach or a river, near your home or at the homes of friends or family
- playing ‘chasey’, ‘keepings off’, one-on-one soccer, basketball, touch rugby or netball in the backyard or park.

Reference: Raising Children

Loretta Kerse

TERARRIUMS

1.25L plastic bottles are needed for making terrariums in science. Please place empty bottles with lids in the box provided in the science room.

Many thanks
Lisa Keatch

We are a...

NUT AWARE SCHOOL

We ask that you please don’t send your child/ren to school with lunchboxes containing nut products. We have a number of children with nut allergies (anaphylaxis). We ask that you always try to seek a nut free alternative and remain nut aware for the safety of our children.

Thank you for your continued support
Tips for raising kids to be safe, social and savvy (Article by Mr. Michael Grose, Child Psychologist)

Frequently I hear parents talk about children’s use of technology as if the technology is a problem. However, technology is the context or background in which we must raise our kids to be safe, social and savvy. The bigger question we need to ask is: “What is good parenting in the digital age?”

Our job is to educate kids about technology – helping them be safe, smart and balanced users – so we need some guidelines to follow. Every parent needs to set their own guidelines suitable to their own situation. Here are some ideas to help:

1. Be a good role model
   It’s well established now that children will copy many of their parents’ behaviours. Our behaviours and habits now extend to our use of communication technology, which is a good thing as we’ve got the chance to model smart, balanced technology habits. This means we need to be mindful of how often we have a mobile device in our hands when we are around kids. It means we need to take care that we don’t use technology as an emotional pacifier when we feel stressed or under pressure. Model face-to-face communication and healthy ways to manage your stress levels so kids can learn these techniques too.

2. Think about expectations and rules for your kids in the digital world
   You wouldn’t drop your kids off for the day in the middle of the city and say, “Have fun. Stay safe!” Yet we often do the equivalent to our kids with technology. Most digital devices are set up for adults so when you introduce a piece of technology think carefully about it’s use and expectations before handing it over to your kids. Where possible and practical use restrictions under settings when you give a device to a child. And place your own restrictions around use and timing when kids use devices, rewarding responsible use with greater freedom.

3. Differentiate between uses
   Digital technology has three purposes – communication, education and entertainment. Gender plays a part here with girls using digital technology more for communication and boys using digital devices more for entertainment. As a parent we need to be aware how our kids are using technology, which will influence how we respond to them. For instance, you should take a different approach to a child who spends all his time after school playing Minecraft to one who spends significant time online for educational purposes. Nuance your approach according to the children’s technology use.

4. Create social media mantras and scripts to keep kids safe
   Parents have always found ways to frame messages for children so that they rattle around inside their heads when parents aren’t around. “Don’t speak to strangers” still reverberates with me decades after my mother first drilled it in to me. She also gave me the scripts to use with strangers if ever I got lost, or found myself in trouble. So what scripting are you introducing to your child to keep them safe and also make them think about smart use while online? These include such mantras as “Is it worth posting?”, “Take a deep breath before hitting the send or post button.” “Do you want the Principal to see this post?”

5. Create tech-free zones and times
   Knowing when to cut off or leave technology is just as important as knowing when to use it appropriately. One way to teach appropriateness of technology use is to introduce tech-free zones and tech-free times into your family. For instance, dinner tables and mealtimes should be kept technology free to encourage the moment face-to-face conversations. Bedrooms should be tech free particularly at night to encourage children to get a good night’s sleep.

Are you leaving St Thomas’ at the end of this year?

Please remember that one terms notice is required to avoid a terms penalty fees. Departure forms are available from the front office. By notifying us early we have the opportunity to fill your child’s position from our waitlist.

Thank you for your consideration.
Pilates for the Soul: If your soul could do with a bit of stretching, the Centre for Faith Enrichment is for you! Check out the wide range of online and face-to-face courses and events on offer by visiting www.cfe.org.au. An on-site crèche is available on request. ALL are welcome (you don’t have to be Catholic!), there are no exams or assignments, and the environment is always relaxed and friendly. PS: have a child preparing to receive a Sacrament? Go to www.cfe.org.au and click “Sacraments Website”!

Uniform Shop – Open this Friday 22nd July, 8.15 – 9.00am in the hall

Be ready for next week’s school photo day

Sensational sale prices on superseded stock

Update your uniforms and beat the upcoming price rise (Manufacturer’s price rises have been absorbed over the past years, however, St Thomas prices will rise by the next shop opening).

If you are unable to attend, order forms can be given to Julie in the front office, with the correct cash or cheque in an envelope. These orders are filled on a fortnightly basis. Order forms are found on the school website.

All good quality, washed second-hand items are welcomed for donation.

Payment now available using Eftpos, cash or cheque.

On-line ordering coming soon….

Come and see your P and F Uniform shop team
Netina, Nicola, Judy and Kim

University Branch 2016

Book Sale

Save the date! Come to our fundraising book sale to raise funds for Programs and Emergencies both in WA and overseas.

Our university branch are currently looking for donations of any musical instruments, record players, sheet music, LPs, 78’s or 45’s.

If you can donate please call us 9267 3900.

Friday
19th August 3pm – 9pm

Saturday
20th August 6am - 5pm

Sunday
21st August 8am - 5pm

Monday
22nd August 9.30am - 6pm

Tuesday half price day
23rd August 9.30am - 8pm

Wednesday Fill a box for $15

University of Western Australia, Stirling Highway, Crawley (Under the Clock Tower)

Hon Colin Barnett being greeted by our student leaders

Hon Colin Barnett presenting St Thomas’ with our new free standing flag stand & flags

Pilates for the Soul: If your soul could do with a bit of stretching, the Centre for Faith Enrichment is for you! Check out the wide range of online and face-to-face courses and events on offer by visiting www.cfe.org.au. An on-site creche is available on request. ALL are welcome (you don’t have to be Catholic!), there are no exams or assignments, and the environment is always relaxed and friendly. PS: have a child preparing to receive a Sacrament? Go to www.cfe.org.au and click “Sacraments Website”!