Patience

My Father, I pray that I may have patience to live through the difficulties of life.
May I correct my faults, that they may not destroy my peace and take from me my strength.
Help me to centre my life in brightness and hope.

Amen.

Dear Parents & Members of Our School Community

Pope Francis is receiving many accolades with his leadership of the Catholic Church. Some say Pope Francis has breathed fresh life into the Church, revived a global base and created hope for the future. Pope Francis is a humble man who leads with humility.

In March last year Pope Francis announced the Extraordinary Jubilee of Mercy, the ‘Year of Mercy’ from 8 December 2015 to 20 November 2016. In the Year of Mercy we are asked to be witnesses of mercy following the example of God as merciful, forgiving and loving followers. Mercy consists of acts of love by which we care for the bodily and spiritual needs of others. Imagine what our world would be like without judgement, condemnation and full of forgiveness.

As the year unfolds the students will be learning more about the Year of Mercy completing various classroom activities. In each school newsletter I will include some information about the Year of Mercy so that families can discuss how they can be witnesses of mercy through compassion, forgiveness, kindness, understanding and generosity.

Project Compassion: In this Year of Mercy please continue to encourage your children to raise funds for Caritas Australia’s Annual Project Compassion Appeal. Each family received a Project Compassion Box following the Ash Wednesday Mass. These will need to be returned to school on Wednesday 23 March so that this money can be presented to the Parish community at the Stations of the Cross Service on Thursday 24 March.

Staffing Change: Mrs Fiona O’Shea has tendered her resignation from St Thomas’. Fiona’s last day with us will be Tuesday 5 April, Week Ten Term One. On behalf of the school community I thank Fiona for the dedication, effort and time that she has given the St Thomas’ community over the past 10 years as a staff member. We wish her all the best in her ‘retirement’ from our school. The Library position will be advertised on the Catholic Education website in the coming weeks.

Year Six Camp: I would like to take this opportunity to thank Mr von Berghem for organising a sensational weeklong camp for our Year Six students. I know they all had a wonderful time and thoroughly enjoyed themselves, whilst participating enthusiastically and undertaking all the activities. Thanks also to Mrs Knox and Mrs Valentine for giving their time so readily for the students and the school.

Junior Swimming Carnival: On Tuesday the Pre-Primary to Year 2 classes completed their Junior Swimming Carnival. It was a wonderful day for the junior students to be involved in a mini event before getting into the more competitive nature of the carnival in Year 3. Thanks to Miss Kerse for organising the event and to Mr von Berghem for coordinating the day’s activities. Thanks also to all those parents and grandparents who came along and supported their children.

Senior Swimming Carnival: I am very much looking forward to the Senior Swimming Carnival that will be held on Tuesday 22 March. I would like to thank Miss Kerse for organising the training sessions that have taken place on Thursday and Friday mornings since the start of the new school year. Also thanks to the teachers who have rostered themselves on a morning shift to assist Miss Kerse. I have been most impressed with the sheer number of students taking up the invitation to prepare themselves for not only our carnival, but also the Interschool Carnival that will take place on Monday 4 April. Thanks to the parents who have supported this initiative.

Handwriting Font Change: At the end of the 2015 school year the staff of St Thomas’ decided to change the style of handwriting font that is taught at our school. We have moved from Victorian Modern Cursive to New South Wales Foundation Style. This font is more in line with the style used in the vast majority of children’s text, therefore, assisting in particular our early learners. The main differences are with the letters b, p, x and z. In particular the b and p, which are now closed letter formations. I apologise for not relaying this information in earlier newsletters.

Faction Cup: As we draw to the end of Week 5 we have Sheridan leading the way with 175 points, followed closely in second place by Forrest on 152 tokens, third is Curtis on 149 and just behind on 134 points is Gittens.

I will be attending the Catholic Primary Principal’s Association (CPPA) Conference next week. Nicky Sullivan and Ryan von Berghem will be sharing the Principal role throughout the week.

With regards and best wishes

Justin Tharby
Principal
God is full of Mercy and Love

Even if a mother should forget her Child, I will never forget you." Isaiah 49:15-16. These words were addressed to Jerusalem, a community treasured by God. We may also apply their words to ourselves as individuals, for that is the way God treasures each of us. In the midst of a day when many things go wrong, or in the midst of a day full of misunderstanding, we can rely on this love. Our only problem is that we forget, or that we do not fully believe that this kind of love and mercy can really be.

We experience the tenderness of God's love or mercy to the extent that we become aware of it and trust it. God's promise is always with us. It has only to be accepted and embraced.

Pray: “Lord, this seems too good to be true. Deepen my consciousness of your promise and help me to trust in it so that I might experience your peace in this moment.

Amen.”

'The season of Lent during this Jubilee Year should be lived more intensely as a privileged moment to celebrate and experience God's mercy.' Pope Francis

PROJECT COMPASSION STORIES

Participating in the Caritas Australia supported Community Conversations program has empowered Dominic and the people of his village to create a new way of life, far from the violence and gender inequality of the past. Dominic (36) lives with his wife and four children in the Jiwaka Province of Papua New Guinea (PNG), where generational poverty has led to many challenges, including inequality, alcohol abuse and violence. Dominic admits that he too faced some of these challenges. But when Caritas Australia and local partner, the Sisters of Notre Dame, established the Community Conversations program, he saw an opportunity to create change.

“I was inspired to hear of the different issues highlighted and processes used to come up with solutions,” Dominic explains.

Through regular Community Conversations training sessions, Dominic learnt communication and problem-solving skills that helped him lead open, respectful community discussions in his village. By empowering everyone to voice concerns and play a role in community decisions, Dominic's village has achieved greater peace and increased respect, as well as reduced violence and alcohol abuse. Now, Dominic's community has a chance to thrive and create a better future for themselves.

"When we start to realise we have power to stand independently to change ourselves, help ourselves, we feel liberated,” says Dominic. “I am most proud of the positive changes I am witnessing. I pass my big thanks and pray God will bless our supporters in Australia.”

"I find much happiness when I see my community in peace, and my children safe." Dominic

This Sunday marks the 3rd week of Lent.  
This week try to forgive others for hurts they have caused.  
Have a safe long weekend.

God Bless

NICKY SULLIVAN
RAINBOWS Program: Rainbows was founded in 1983 to provide facilitated peer support to grieving children due to separation, divorce, death or any other significant changes within their lives. St Thomas’ will be offering the rainbows Program in term one to all interested families. Rainbows is an effective program which can assist children through the change, loss and grief process. It is not therapy or counselling, it is a peer support program under the guidance of a trained, nurturing facilitator. Rainbows supports the children to better understand the changes taking place in their lives, thus developing resilience and enabling them to better engage in the business of growing up and learning.

The primary goal of Rainbows is to provide a safe, confidential and caring environment for young people to sort through their pain and confusion, build self-esteem and learn coping tools to deal with their losses.

- The program consists of twelve sessions, divided into two six—week semesters, concluding with a Celebrate-Me-Day.
- Sessions are conducted during school hours

If you feel that your child/children would benefit through participating in Rainbows please complete the slip below and return to the school office in an envelope addressed to Mrs Ann Barry, Coordinator—Rainbows Program (barry.ann@cathednet.wa.edu.au)

Musical Instrument tuition at St Thomas’

We have two new tutors for drums, saxophone and flute. Along with our other tutors for piano and guitar, St Thomas’ can offer all our students a wide range of options.

There are already 40 of our students who are learning to play a musical instrument. There are many benefits in learning to play an instrument; becoming more active listeners, rewards from hard work, practise, patience and perseverance. It can help to develop creative thinking and motor skills and the list goes on...

If you are interested in letting your child have a go, please complete the application form and return it to the class teacher.

(Application forms at the back of this newsletter or available from the front office)
Literacy and Numeracy in the Early Childhood Classroom
(Excerpt taken from the NQSPLP e-newsletter no. 662013)

Play provides an important 'context for learning' where children are able to explore ideas, solve problems, make connections and engage with others (DEEWR, 2009, p. 9). Play-based learning plays a crucial role in the development of literacy and numeracy. Both literacy and numeracy are forms of communication; ways in which we represent and share information with others about our world. Because literacy and numeracy are essential life skills, children need opportunities to use them (and to see them being used) in real life situations. Worksheets and other 'formal' teaching strategies tend to make learning abstract and dry. As Marcelle Holliday (Every Child, 2013, p. 9) argues, such 'de-contextualised' approaches can, for many children, make 'learning more difficult'. In contrast, when children are exposed to literacy and numeracy learning through hands-on, practical and play-based experiences, they are more likely to engage meaningfully and successfully with them.

As children play at shopping in the home corner, using play money and a cash register, they begin to engage with counting, addition, subtraction and various other mathematical concepts. Similarly, when children 'read' a recipe and measure out ingredients as part of a cooking experience, they are working with ideas about volume, quantity and measurement and learning how procedural texts work. Such experiences allow children to connect with literacy and numeracy at their own pace and to use their ideas and language in contexts that mirror real life.

Kelly Pilling

FRIENDLY REMINDER’S

- Please remember all children & families must enter the school through the pedestrian gates either situated alongside the basketball courts or on Melville Road for those attending Pre Kindergarten, Kindergarten or Pre Primary prior to school commencing and at the end of the day. Sometimes this might involve waiting on the footpath until the teacher on duty is available to open the gates.

- Entry through the front office should only be for children arriving after the bell or being collected prior to the official end of day. The office is not an entry point for children arriving or leaving school at normal times. Parents/Caregiver’s bringing children in after the school bell or collecting children prior to 3pm must complete either a yellow ‘late to school’ form or a green ‘student departure form’ and present these to your child’s teacher.

- Please remember no supervision is available for children arriving prior to 8:30am. We ask that you make alternative arrangements if you need to drop your children at the school regularly prior to 8:30am.

- Our neighbours are still reporting parking infringements to the Town of Claremont. Please be mindful of where and when you park. Rangers are now handing out fines.

- All school accounts have now been sent. If you have not received yours please notify the office at admin@stthomas.wa.edu.au

Thank you for your assistance in these matters.
Dear Parents

St Thomas' Primary School is once again offering Years 2-6 the opportunity to enter into the nationwide competitions run by the University of New South Wales and the Australian Mathematics Trust. (ICAS)

Competition season runs between 17 May through to 16 August. You are invited to choose all or any of the competitions for your child to sit. Please return the permission slip and costs associated with the competition back to school no later than Thursday 31 March 2016.

Digital Technologies (Years 3-6)  Tuesday 17 May  $ 8.80
Science (Years 2-6)            Tuesday 31 May  $ 8.80
Writing (Years 3-6)              Monday 13 June  $18.70
Spelling (Years 2-6)        Wednesday 15 June  $12.10
English (Years 2-6)           Tuesday 2 August  $ 8.80
Mathematics (Years 2-6)       Tuesday 16 August  $ 8.80

Parents are also encouraged to visit the University of New South Wales website www.eaa.unsw.edu.au to gather more background information on these competitions and to access practice items to help your child prepare for the competition.

I look forward to supporting your child in these endeavours.

Yours sincerely

Lisa Keatch
E-Challenge and Science Teacher
Keatch.lisa@cathednet.wa.edu.au

ICAS

Please select box/boxes that you child would like to enter, sign and return to the office with payment by Thursday 31 March 2016.

Digital Technologies (Years 3-6)  Tuesday 19 May  $8.80
Science (Years 2-6)            Wednesday 3 June $8.80
Writing (Years 3-6)              Monday 15 June $18.70
Spelling (Years 2-6)        Tuesday 16 June $12.10
English (Years 2-6)           Tuesday 28 July  $8.80
Mathematics (Years 2-6)       Tuesday 11 August $8.80

I give permission for my child ____________________________________________________
Class ____________________________________________ (As you would like written on the certificate)

_________________________________                   __________________
Signature                                                                                        Date
Cultivate Interest
Remember Newton’s First Law of Motion: An object at rest stays at rest. An object in motion stays in motion. If your child frequently lazes about around the house, it will be harder to get them up and motivated. Cultivate interests and activities that will boost overall productivity. A good start is to cultivate a desire to become more involved in physical exercise by attending sporting events or playing rounds of tennis or basketball. Join your child in these activities to help show them that physical activity can be more fun than lazing around.

Encourage, Don’t Criticise, But Don’t Accept Poor Work Either
It’s not only important to encourage your child, but also to encourage them appropriately. It’s not enough to tell a lazy child how smart they are. Constantly telling your child they are smart builds the impression that it comes naturally and, therefore, they don’t have to work harder. Instead, praise the effort, even if that hard work doesn’t always pay off. But insist on the hard work. Never accept a poor job when you know they have barely exerted themselves and done only the bare minimum.

Who said this parenting job was easy?

How to Motivate A Child
If you find that despite your best efforts, your child prefers watching TV, playing video games or sniping at you every time you ask a chore to be done, you’re not alone. Many parents fear they’re raising a lazy child. The good news is that many children, who appear to be lazy, aren’t actually lazy at heart. Instead, they often need someone to identify what’s holding them back from being productive.

Determine The Root Cause of Laziness
Don’t confuse laziness with defiance. They might refuse to do as you ask in an attempt to test their limits. Your child might be frustrated, for instance with homework they can’t understand so they refuse to even get started. Determining why your youngster is unwilling to start or complete tasks is the first step into figuring out the best kind of motivation.

Create Expectation, Rewards and Consequences
Clearly state what you expect from your child, using ‘I’ statements. This might mean saying, “I expect you to do your homework now”, or “I expect you to practise your instrument for 30 minutes”. Once you state your expectations, give your child an opportunity to complete the task. If they do not then follow through with a negative consequence e.g. no TV time or taking away their devices until their work is done. On the other hand, hard work should be rewarded. Basic daily tasks such as household chores, homework or even just getting ready for school do not necessarily require rewards, however, going above and beyond expected tasks does. Aim to make the rewards small but enjoyable (a hug and a smile are often enough).
COTTESLOE SCOUT GROUP
ERIC STREET HALL

For girls and boys who are turning **8 years** – we have places in our Cub Scout Pack, meetings: **Tuesday** at 6:30pm.

And

For girls and boys who are turning **11 years** – we have places in our Scout Troop, meetings: **Thursday** at 6:30pm.

If your child would like to visit us one evening, please phone 9384 5691 – day or evenings – or e-mail: cottcubs@iinet.net.au


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**Calling all St Thomas’ Hockey Players**

Westside Wolves Hookin2Hockey 2016
Registrations Now Open Online
(formerly known as minkey)

For more information go to [www.wolves.org.au/about/minkey](http://www.wolves.org.au/about/minkey)

*Looking for New and Old; Boys and Girls to play in the following teams for St Thomas’ 2016 Hookin2Hockey season*

- **Years 1 - Junior 9am**
- **Years 2 & 3 - Intermediate 10.15am**
  
  (Quarter field up to 10 players with 7 on field, 2 x 20mins half's with 5 mins interval)

- **Years 4 - Nines 9am**  
  (3/4 quarter field up to 12 players with 9 players on field, 2 x 20 mins half's with 5 mins interval)

Season starts Saturday 7th May - 13th August with Breaks for Foundation day long weekend and July school holidays. One training session per week, each team requires an on-field coach and off-field manager. Early bird registrations $125 closing 24th March. Kids have a great time; mum & dad love the coffee and social Saturday morning at College Park.

Come and register your child interest with your school co-ordinator – Jan O’Brien on **Wednesday 9th March 2016 at 3 – 3.30pm** at school pickup.

Let’s get our teams together for another successful and fun filled hockey season.

**Other Fun Hockey Clinic**

**St Thomas’ KINDY—Y4 book into hockey session**
Wednesday 9 March 3—3.30pm at school pick up. Come & ask all your questions and register your team!!

**Westside Wolves Holiday Clinic**

Westside Wolves runs a wonderful holiday clinic that is a great way to get your child started. Open for any child who has completed the registration for the 2016 Westside Wolves Season from Year 1 - 6, 11th - 13th April 2016. It always fills up so please register early so you don’t miss out.

Coaches include international, national & state players.

**St Thomas’ Hockey Clinic**

**Sunday 1st May 2016**

Keep the date free, a fun and excellent session to brush up on your hockey skills prior to the hockey season, run by Western Australian & Australian hockey players for all St Thomas students. More details to follow.

**NEW THIS YEAR Kindy/PP Skills-based sessions**

For the first time, this year Westside Wolves will hold Kindy/PP skills-based sessions during the season at the same time as games are being played. There will be no teams and no uniform required, but the sessions will run at 9am each Saturday of the season for the same duration as the Junior and Nines games. If you have a younger child itching to pick up a hockey stick while their older siblings are playing, why not register them in this fun skills-based session where they will start to learn hockey skills and techniques.

For more information come along on Wednesday 9th March 2016 or contact Jan O’Brien

For more information please call or email Jan O’Brien 0415 133 817  jan@theloungeroom.com
Elizabeth Moore 0417 918 509 or elizabeth.m.moore@icloud.com
Former St Thomas’ student Alexandra Prichard has created a mental health app for teenage girls entitled girlgonehappy.

In the News ...

Weet-bix Kid’s Tryathlon
Perth
10 April 2016

For details or to book go to: http://try.weetbix.com.au/events/perth

Miss Kerse encourages all St Thomas’ students to give it a go!

We need great staff to work
School hours!

PropertEyes is an outsource company providing property reports to real estate agencies across Perth. Our staff can nominate their work days and we expect at least 3 days/week availability between school hours. You just need to have a high level of written literacy, your own Ipad, your own vehicle and a great attitude. Please go to our website www.properteyes.com.au and click on the “careers” tab on the bottom of the page.
Or call Kim Peretti on 0417 095 271
We can’t wait to hear from you.
APPLICATION FOR MUSIC LESSONS 2016

Name of Student: ___________________________ Year: ________________

Contact Parent’s Name: ___________________ Telephone: ________________

Contact Address: __________________________

Email Address: ____________________________

Instrument: _______________________________ Number of years studied: ____

Did you do learn an instrument last year at St Thomas’? Yes/No

If yes, please name the music tutor. _______________________________________

Tuition is available in the following areas:

<table>
<thead>
<tr>
<th>Instrument</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Piano *</td>
<td>Keyboard, Piano; Yrs 1 – 6</td>
</tr>
<tr>
<td>Guitar</td>
<td>Acoustic, Electric and Bass Guitar; Yrs 3 – 6</td>
</tr>
<tr>
<td>Wind</td>
<td>Saxophone, Clarinet, Flute; Yrs 4 – 6</td>
</tr>
<tr>
<td>Percussion</td>
<td>Drums; Yrs 3 – 6</td>
</tr>
</tbody>
</table>

*There is an annual levy of $22 (including GST) per year, per family, for students taking piano lessons at school. This levy funds the cost of purchasing and maintaining a piano and is a separate amount to music lessons. The amount will be added to your first terms school fees after commencement of music lessons.

FEES AND CONDITIONS

Fee structure: all lessons; $33.50 per lesson, 8-10 lessons per term

It is the Parent’s/Guardian’s responsibility to notify the teacher if their child will not be attending a lesson, even if it is a school activity, for example a class excursion or sports carnival.

Accounts for lessons will be issued by the tutor. Fees must be paid within 14 days of the account being rendered.

In the event that the account is not paid by the due date and alternative arrangements have not been made, lessons may be cancelled.

One term’s notice, in writing, to the music tutor and the teacher in charge of music, is required to discontinue lessons. Students are asked to make a minimum commitment to instrumental lessons of one semester (two terms).

I have read and agree to the terms and conditions above.

Signature ___________________________ Date ________________