Dear Parents & Members of Our School Community

Parking Concerns: As you may be aware the Claremont Shire Rangers have been out in force over the first three weeks of the school term. The major concern is in regards to traffic flow and the safety of ‘other’ road users i.e. residents who live in close proximity to the school. Firstly, St Thomas’ Traffic Management Plan states that prior to entering the gates for pick up only two cars should be in line on College Road. Also the queue of cars on Warden Street should start behind the ‘No Parking’ sign. This allows for residents to safely negotiate the corner of Warden Street and College Road. Secondly, cars are entering the queue from Warden Street off Gugeri Street also in direct contravention of our Traffic Management Plan. Thirdly, we have noticed a number of parents parking on our neighbour’s verges. Please consider our neighbours. Parking a little further away from the school grounds and taking advantage of the beautiful mornings for a little stroll to school could be beneficial for all.

I have attached the Traffic Management Plan once again for your benefit. Thank you for your ongoing support.

Parish Children’s Masses: The first Parish Children’s Mass of the year will now be on Saturday 25 February, commencing at 5.30pm. The Year Two children and their families will be in charge of preparing and cooking the sausage sizzle and organising aspects of the mass.

Change of date for Year Three Parish Mass: The date for the Year Three Parish Mass has changed and now will be Saturday 25 March.

Advanced Notice: Monday 20 and Tuesday 21 March are Pupil Free Days. The staff of St. Thomas’ will be undertaking the first two of three professional learning days regarding Visible Learning.

Before & After School Care: At Monday’s meeting more information was given to interested parents regarding the program. If you were unable to attend please see me regarding any questions. Key information included: 7.00am – 8.45am morning session and 3.00 – 6.00pm afternoon session, breakfast and afternoon tea will be provided, all families are entitled to a 50% government rebate, a continued push for a week five term one starting date.

P&F Sundowner: Unfortunately due to the inclement weather the annual school Sundowner had to be cancelled. Thanks to all those that had prepared for this event. I know we will be having another family friendly event later this term. Stay tuned for details.

Parent/Teacher Evening (Pre primary—Year 6): Thank you to all parents who attended Monday’s Parent/Teacher Meetings. Thanks also to the teacher for their preparation of the meetings and their ongoing commitment to the children in their classrooms.

Mandarin Lessons: Last Thursday the Year 4 & 5 classes undertook their first Mandarin lesson. The lesson was via Skype with ‘our’ tutor being based in Shanghai. The children really enjoyed the lesson and are looking forward to some intense learning.

Ash Wednesday Mass: There will be a whole school Mass on Wednesday 01 March to mark the start of the Lenten season. Father Wayne will be distributing ashes to everyone in attendance. The Lenten Season is a time of preparation and penance in the 40 days prior to Easter. The children during their religion lessons will not only discuss what Lent is about but will also look at ways they can be involved in the Lenten season such as giving up something i.e. lollies, chocolate, etc or giving something of themselves i.e. helping around the house or donating to Project Compassion. All parents are invited to attend this important Mass.

School Fees: Invoices for 2017 school fees will be sent by the end of next week.

With regards and best wishes
Justin Tuohy
Principal
A warm welcome back to school to all our “old and new” families. May we all be blessed by the spirit and be filled with peace and joy in this coming year.

Important dates in our Liturgical calendar are:

- **25 February**—School /Parish Mass and Sausage Sizzle 5:30pm – Year 2
- **1 March**—Ash Wednesday Mass at 9.00am (led by the Year 4’s)
- **25 March**—School/Parish Mass and sausage Sizzle 5:30pm - Year 3
- **1 & 2 April**—Commitment masses for those children receiving a sacrament this year. Families will need to attend one of these masses with their child committing to the preparation required to receive the sacrament. The children will be given their commitment cards at school on 29 March. These will need to be filled out and brought to one of the masses over this weekend
  
  Mass times: (Saturday: 5.30pm, Sunday: 7.30am, 9.30am or 6.30pm)
- **7 April**—9am Stations of the Cross (Led by the Year 6’s)

Caritas - Project Compassion during Lent with the theme-‘Love your Neighbour’ This year Project Compassion demonstrates how love for our neighbours can transform lives by empowering individuals and communities in six countries around the world.

> We must regain the conviction that we need one another, that we have a shared responsibility for others and the world, and that being good and decent are worth it.”
>  
> Pope Francis

Thank you for your support

I have a simple dream for my family: that my children will be able to finish their schooling, unlike us, and eventually they will have a better future.

My dream for my community is to continue what we are doing right now, so that the next generation will benefit from what we have started.

Aloma, Participant in the Integrated Community Development Program (ICDP), Philippines.

This Project Compassion Lent Calendar is a wonderful way to put your faith into action in simple ways over the Lenten period. You can download from this link below-

Term Planners are available on the home page of our web site. These planners are ‘fluid’ meaning that dates, events are changed, added and deleted throughout the term. An updated planner is uploaded to the website each Thursday prior to the end of school. From this Thursday we will also be placing a copy each Thursday on the P&F/Community Noticeboard which is located outside the library near the undercover area. Please ask if you are unaware where this is. We STRONGLY recommend that you check the planners on a regular basis to ensure you are kept abreast of events and programs throughout the school.

Emails from administration and your classroom teachers continue to be a problem. If you are not receiving emails from either please check your junk mail. If you are able to choose our cathednet emails as trusted within your settings, please do so. Hotmail or gmail accounts appear to be the most affected.

Thank you
Admin

STUDENT UPDATE FORMS

Thank you to all families who have completed the confidential personal information 2017 forms (Pink) and returned to the office.

If you haven’t returned your form please do so as a matter of urgency.

Many thanks

OPEN FRIDAY 17 FEBRUARY
08:15AM UNTIL 09:00AM

St Thomas bathers that will be available to order over the next week for all years 3 to 6 students.

They are navy speedo’s - a one piece for the girls ($55) and jammers for the boys ($45). They will have St Thomas printed on the back and will be available through the online ordering or by filling in an order form available at the office. Although the majority of children do wear these for our swimming carnivals they are NOT compulsory to purchase.
This week all classes got a taste for the Northern District Gymnastics Program. Students learnt the basic shapes and landings for gymnastics. Students found out how strong they are! Here are some pictures of what they practised.
Librarian 2017
Browse our Library Catalogue from Home

In 2016 we updated the library software and students can now browse for library books online -- even from home!

There are two ways to access the library catalogue.


2. Go to the St Thomas’ Primary School website, www.stthomas.wa.edu.au
   i) Click on the USEFUL LINKS tab (at top right) and a drop-down menu will appear then
   ii) Click on LIBRARY CATALOGUE.

To use the student-friendly version of the catalogue, click on the little square Orbit button (next to the Login link near the top). You DON’T need to log in to search the catalogue.

Most students in years 4 to 6 had a shortcut to the catalogue added to their iPads last year. If your child would like help adding a shortcut to their iPad, they can see me in the library on Wednesdays.

WANTED: Library Helpers
We would love some help covering library books!

Where? In the school library.
When? 2.20pm to 3pm WEDNESDAYS.
No need to RSVP, but please sign in at reception and collect a visitors lanyard.
BYO scissors if you have some to bring -- books and contact will be provided!

If you're happy to help with book covering but can't make it in person on a Wednesday, please email me (newman.rebecca@cathednet.wa.edu.au) and I'll organise a bag of books and contact-cover to be sent home with your child.

Rebecca Newman
Library
Manage your kids like a cat

BY MICHAEL GROSE

Many parents feel uncomfortable with the firmer side of parenting. Invariably they use management techniques that increase their children’s dependence on them, including:

Doing deals with kids

“If you eat all your dinner, I’ll let you use my iPad for minutes.”

If this is you, then you’ll need deep pockets, as kids will keep upping the ante all the time.

Repeating yourself and raising the volume

Kids are parent deaf by choice and habit. Going over the same old, same old and getting mad just reinforces their parent deafness.

Using coercion

The use of controlling language – “Do this now!” – doesn’t work with kids who like to be in control. They’ll fight you rather than cooperate.

If you struggle to get your kids to do as you say, it’s probably your non-verbals giving you away. That is, it’s less about what you say, but more about how you say it that makes a big difference. If you’re not getting cooperation, your probably managing like a dog, when you should be managing like a cat.

Manage like a cat

Here are six ways to manage like a cat that will get you more cooperation, but importantly make your kids less dependent on you.

1. Manage yourself first

Cats are self-contained and very controlled. So, when you bring some cat into your parenting the first thing you need to do is to learn to manage your own reactions rather than over-react, repeat yourself and just plain yell. Start by stepping away from the stressful situation and taking some deep breaths to change your emotional state.

2. Go low

Rather than raise your voice to be heard, lower your voice. Raising your voice has the effect of making kids ignore you or argue with you. Kids will hear your vehemence but not the detail of your words. By lowering your voice children are more likely to hear you and take notice.

3. Go near

Recently I saw a father shout out for some help but his two kids ignored his requests as they were watching TV. Rather than shout out his instructions again, he went into the TV room and quietly asks his kids for help. This time he makes a connection and they are far more receptive. Why was he successful? He moved into their proximal space (about an arm’s length away) and using a lower voice he got their cooperation.

4. Look away

Most people have been trained to make eye contact when they speak. My mother’s advice – “Look at people when you speak to them” – is still rattling around inside my brain. Non-verbal communications guru, Michael Grinder, advises parents and teachers to do the opposite; that is, look away from a child when they issue a command rather than look them in the eye. He argues that eye contact at the point of giving an instruction or laying out your expectation is an invitation to an argument. I agree. And it’s most valid when communicating with teenagers, who, due to the fact that their brain is being completely rewired, are likely to retreat to their reptilian brain when they feel under threat.

5. Let checklists, charts and rosters do the managing

Parents who develop independence in their kids manage predominantly in a visual way rather than rely on their language skills to influence, manage, cajole and persuade their children to behave better and be more responsible at home. In particular, most boys and all kids on the autism spectrum like the constancy and consistency when visual messages and reminders support and reinforce verbal communication. The use of checklists, charts and rosters are examples of managing visually.

6. Use consequences to teach responsibility

Those self-contained cats don’t spend a great deal of time talking to get their point across. Instead they use a consequence, which by definition is a reasonable, respectful and related (e.g. remove the meal when kids continually fight at the meal table) to reinforce their point and promote cooperative, responsible behaviour – which is necessary for independence.

Every family needs a cat because they provide safety; which is essential for children’s healthy development. Yet many parents feel uncomfortable with the firmer side of parenting. Cats make sure the family functions well and stays on track. So, if firmness is a challenge, I urge you to find your inner cat and put it to work at least some of the time. My guess is, your children will appreciate it.
**SCHOOL NEWS**

**Calling all St Thomas’ Hockey Players**
Westside Wolves Hookin2Hockey 2017
Registrations Now Open Online
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’ 2017 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 6th May - 12th 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 25th March. Kids have a great time; mum & dad love the coffee and social Saturday morning at College Park.

Register your child interest with your school co-ordinator – Jan O’Brien
[ian@theloungeroom.com](mailto:ian@theloungeroom.com) 0415 133 817
Let’s get our teams together for another successful and fun filled hockey season.

**Other Fun Hockey Clinic**
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 2017 Westside Wolves Season from Year 1 - 6, 10th - 12th April 2016. It always fill’s up so please register early so you don’t miss out. Coaches include international, national & state players.

For more information please call or email Jan O’Brien 0415 133 817 [ian@theloungeroom.com](mailto:ian@theloungeroom.com)

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**Netball at St Thomas**

At St Thomas in 2017 we are offering the following options for girls to get involved in netball

**NetSetGo Year 1 & 2** Activities and skills at St Thomas after school (dates not yet set)

**NetSetGo Year 3** games are played at 7.45am on Saturday

**NetSetGo Year 4** games are played at 8.40am, 9.35am or 10.25am on Saturday (we can as a team put a request in for which timeslot everyone wants)

**Year 5 games** are played at 8am

**Year 6 games** are played at 9am

The season starts on 6 May, Year 3 & 4 finish on 12 August and Year 5 & 6 finish on 26 August, with breaks for Western Australia Day long weekend and the school holidays.

Girls can play up or down a year level so that we can make up a full team of 7 – 10 players

Each team needs a team manager and coach

For more information or to register your interest contact Elizabeth Moore
[elizabeth.m.moore@icloud.com](mailto:elizabeth.m.moore@icloud.com)

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**Open Day**

SATURDAY 11 MARCH, 9:00AM TO 12:00PM.

Come and see for yourself what these young people already know about John XXIII College. Students will proudly tell you about the facilities, programs and opportunities that exist at this very successful Catholic, co-educational college.

Tours every half hour, with the final tour departing at 11:00am. For enrolment enquiries please call (08) 9383 0400.

Please visit our website to register [www.johnxxxii.edu.au](http://www.johnxxxii.edu.au)

John XXIII College
Seek Justice