Dear Parents

Lenten Season: Thank you to Fr. Wayne and Mr Oorloff and his Year 6 class for preparing a beautiful Ash Wednesday Mass last week. Father Wayne encouraged the students to not necessarily give up something for Lent but for the students to give of themselves. He used examples of helping around the house, making their bed before being asked, feeding the pets and helping in the garden. But he also asked for us all to pray. To pray for those less fortunate than ourselves, especially for the children of the world who are suffering. Also at the mass the Mini-Vinnie leaders Brianna Roberts and Elise Moore gave out Project Compassion boxes to a member of each class. Caritas Australia’s Project Compassion is an annual fundraising and awareness-raising appeal, bringing thousands of Australians together in solidarity with the world’s poor to help end poverty, promote justice and uphold dignity. All families also received a small Project Compassion box. We ask that any loose change or donations you can make are placed into this box over the Lenten period and then at the school’s Stations of the Cross Paraliturgy on Thursday 2 April they be returned to school so that we can present them to Father Wayne.

DID YOU KNOW? As the period of Lent has started, we should reflect on two significant days that occurred last week. On Tuesday, Christians around the world celebrate Shrove Tuesday or Pancake Tuesday. Shrove Tuesday originated when Christians prepared for the 40 days of fasting before Easter. The ‘pancakes’ were made using all the luxury foods (eggs, flour, milk, etc) that were in each home. These when combined formed a pancake type meal. We now follow this tradition by symbolically making pancakes on Shrove Tuesday.

Ash Wednesday is the first day of Lent and occurs forty days before Easter (excluding Sundays). Ash Wednesday gets its name from the practice of marking the sign of a cross with ash on the foreheads of the faithful as a sign of repentance. The ashes used, are palm branches gathered and burnt from the previous year’s Palm Sunday. For adults Ash Wednesday is a day of fast and abstinence.

It was ancient tradition that people fasted between sunrise and sunset during Lent. The meals outside these times were simple, just providing the required nourishment needed. As centuries evolved, this tradition faded, eventually becoming the modern day tradition of abstaining from red meat (seen as a historic luxury) on Ash Wednesday and all Fridays in Lent.

P&F News: We certainly had a great turn out at last Wednesday’s P&F meeting with 19 parents (families) in attendance and another 10 putting in their apologies. Those that were able to attend certainly came up with a number of fantastic ideas for the year ahead. The committee had us add our ideas under five key headings: Projects we can work on, Community Building, Evangelisation/Faith, Supporting our Kids/Supporting our teachers and Fundraising Ideas. The ideas were significant and plentiful. We were then each given five stickers which we used to rank our individual top ideas. The top ranked ideas within each category will determine our forward planning for the next 12 months. If you wish to have a say and vote on the ideas please view and add your five dots to the sheets in the P&F display case. These will be on display for the remainder of the week before we tally up the results. Our next meeting will be on Tuesday 10 March at 7.30pm in the School/Parish hall.

Pets at school: Please be aware that due to Health & Safety concerns pet dogs will no longer be allowed on to St. Thomas’ school grounds. As you can imagine there are a number of potential problems with bringing pets on to school property i.e. allergies, anxiety of those afraid of large dogs, potential toileting issues, etc. If you and your children are walking to school and ‘Rover’ or ‘Fifi’ are coming along for the walk please tie them to a fence or tree outside of the school grounds. Thank you for your support in this matter.

Staff Meetings: Please be aware that staff meetings will be held every Tuesday at 3.20pm, therefore, teachers will not be available at this time for meetings.

Next week I will be attending the Catholic Primary Principal’s Conference from Monday 2 March – Thursday 5 March and as such will not be available at school. I will however, try to make every endeavour to break away from the conference for a few hours to attend the Junior Swimming Carnival next Tuesday. I do want to see our next generation of Olympians in action before they break in to the ‘bigtime’.

With regards and best wishes

Justin Tuohy
Principal
Parents... Do you want to know:

- How spelling will be taught in our classrooms this year?
- How and why spelling is taught differently in schools today?
- The 2015 St Thomas Spelling Plan?

Then come along to our...

**SPELLING PARENT WORKSHOP**

When: Wednesday 18th March
Time: 7pm
Where: Library

School Canteen

Volunteers are needed for the Canteen roster. The Canteen operates on Mondays and will commence this term Monday 9 March. Please let Julie in the front office know if you are able to assist. It’s a great way to make new friends and your children love seeing you behind the counter too!

**UNIFORM SHOP OPEN**
FRIDAY 27 FEBRUARY
08:15AM—9:00 AM

Mrs Sullivan has been given the all clear by her doctors and has returned to work today. It’s wonderful to have her back!

Petition Reminder
Italian Community Language Program
Please sign the petition in the front office or return your signed petitions which were emailed 18 February to the office on or before 27 February.
Thank you

Have you registered your child for Kindergarten in 2016 at St Thomas’?
Have you received your invitation for an interview?
If not, please contact Julie on 9286 9500 or email wray.julie@cathednet.wa.edu.au

Interviews will commence 11 March.
RAINBOWS
Guiding kids through life’s storms

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 2015 to 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 it to the school office in an envelope addressed to Mrs Ann Barry Coordinator - Rainbows Program.

If you would like more information please send an email to barry.ann@cathednet.wa.edu.au

___________________________________________________________

Rainbows Program

I give permission for my child/children to be part of the Rainbows program.

Child’s Name: ___________________________ Class: ______________
Child’s Name: ___________________________ Class: ______________
Child’s Name: ___________________________ Class: ______________

Children are to sign also next to their name-

Parent Signature ___________________________ Date ______________
**SCHOOL NEWS**

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**Water Fun Day**  
*Years PP - 2 Tuesday March 3*  
*1:00pm – 2:30pm*

Our Water Fun Day will take place at Claremont Aquatic Centre.  
Children will be bussed to the centre and are to be picked up by a parent or guardian at the conclusion of the afternoon. If students are unable to be collected from the centre, the school bus will be available to take them back to school.  
Please note***Students who can swim 25m and who are keen can have a try at swimming a 25m race. This is informal and usually only a handful of the older students will participate.*

Thank you to all the parents who have offered to help at the Water Fun Day; if you haven’t heard via text message, then your help will not be needed.  
A permission slip and more details of the event will be passed out to the students closer to the event. Swimming Training has commenced this week for years 3—6.  
Thanks  
Mrs Ramsay

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Please swing by the Parish Hall and check if any of the plates, bowels etc located on the table belong to you.  
Items not collected will be donated.  

*Thanks*

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**LOST LIBRARY BAG**

Julius Edwards has lost his library bag. Inside is a book titled ‘The Three Fishing Brothers Guff’. If found please return to Pre Primary.  
Thank you

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**Music Instrumental Program Fee change**  
Attention all instrumental students and Teachers

The lesson fees will be changing from $33.50 to $35.00 a lesson due to an increase set by the AMTR Australian Music Teachers Register.  
Tutors may start invoicing at this level after discussion with Parents and terms are agreed.  

Thanks again!

Beth Bryce  
Music Specialist
Swimming Training 2015

When: Tuesday and Thursday mornings - 7.30 - 8.10am (sharp)

Commences: Tuesday 24th February

Sessions: February 24, 26, March 3, 5, 10, 12, 17, 19, 26,

Where: Claremont Aquatic Centre

Cost: admission fee

$2 training fee to pay to Mrs Valentine or Mrs Ramsay (payment can be made in advance for several sessions)

- All students from years 3 - 6 are invited to attend who can competently swim 25m.
- These training sessions are for students who would like to practice for the inter-faction and inter-school carnivals.
- Students are invited to attend as many sessions as possible, but it is not compulsory to attend all.

Medical Conditions: Please bring epipens, inhalers etc, if necessary.

**Please note that all students will have to make their own way to and from the centre.
***Please return this note at the first training session.

Kind regards

Mrs Baron-Hay and Mrs Ramsay

I give permission for ...................................................... to attend Swimming Training at Claremont Aquatic Centre from Tuesday 24 February to Thursday March 26.

Medical Conditions: ..............................................................

Signed ...................................................... Mobile # ..............................................................
St Thomas’ Netball

St Thomas’ Netball is back for 2015 and we would love as many enthusiastic girls to come and have a go! Possibly with a new uniform on offer, this should be a great draw card for those of you who love to play but also like to look good!

- What: Junior Netball from years 3-6
- When: We play Saturday mornings/train one night per week
- Where: Perth Netball Centre (Matthews Netball Centre—Wembley)
- How: Place details on pink and blue sheets near notice boards at school/or email
- Who: Yolly Meredith and Donna Italiano (Coach and coordinate)

Would Love to see as many girls as possible as they have a great time and it’s not just Netball, they learn so much being part of a Team!

For years 1&2 there is a NET SET GO programme, will be sending more information soon.

- Donna Italiano: dtitaliano@bigpond.com
- Yolly Merdith: yolly@ozemail.com.au

Joey Soccer 2015

Season Starts Saturday 9th May 2015 and runs for 11 Weeks (excluding school holidays and public holidays)

School based Soccer Competition, create your team NOW.

For Years PP, 1, 2 & 3 (boys & girls)

- 5 V 5 - Small Sided Games - 7/8 players per team
- Fun based non-competitive format
- All games played at COLLEGE PARK, Claremont
- Saturday afternoon games

Season Fees - $170.00 includes games, playing shirt and shorts, cap and ball and team kit bag.

Registrations close for players 11 March 2015.

Queries – Email: joey@uwanfc.com.au
Or phone Sharon Hawkins on 6389 1554
Time to start dusting off the winter sports gear and thinking about a fantastic winter sport for your child to be involved with; so how about Minkey?

**What is Minkey?**

It is a modified version of full field hockey and is a mixed boy/girl team. Being a modified version the kids develop and build an excellent base prior to playing full field hockey in Yr 5. This also helps in ensuring that the kids play a safe and fun game.

Played at College Park on Saturday mornings with nearly 20 local schools (run by Westside Wolves Hockey Club), so very social for mum and dad.

- **Years 1 - Junior 9am**
- **Years 2 & 3 - Intermediate 10.15am**
  (Quarter field up to 10 players with 7 on field, 2 x 20 mins 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 2nd May - 8th August with Byes 30th May and July school holidays.

**What do you need to play?**

- St Thomas School sports uniform with long blue socks
- Own Stick, mouth guard, shin pads & water bottle
- Each team needs a on-field coach (any willing parent with or without hockey experience) and a off-field manager (again any willing parent)
- Able to attend one weekly training session plus the Sat morning game

**Fun Stuff**

**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 2015 Westside Wolves Season from Year 1 - 6, 13th - 15th April 2015. Coaches include international, national & state players.

**St Thomas Hockeyroos Clinic**
Sunday 19th April
A great morning for our St Thomas Primary School Students to come along and have a training session with the great Hockeyroo’s Players.

**What Now??**
Registration Now Open
- Package - see Jan O’Brien 0415 133 817

**Contact People**

- Year 1 & 2's - if you and your child are interested Netina Prichard for our Year 1's and Jan O'Brien for our Year 2's. It will be great to get a Year 1 team & Year 2 team off and running or a Year1/2 team.
- Year 3's - Carmen Quadros
- Year 4’s - Angela Searle
- St Thomas Primary Minkey Co-coordinator - Jan O’Brien

Looking forward to a successful St Thomas Primary Minkey 2015 Season, with the return of old players and welcoming all our new players.

*From the St Thomas Minkey Team’s*