A reading from the prophet Isaiah Is 6:1-8

Here am I! Send me.

In the year of King Uzziah's death I saw the Lord seated on a high throne; his train filled the sanctuary; above him stood seraphs, each one with six wings.

And they cried out to one another in this way,

'Holy, holy, holy is the Lord of hosts.
His glory fills the whole earth.'

The foundations of the threshold shook with the voice of the one who cried out, and the Temple was filled with smoke. I said:

'What a wretched state I am in! I am lost,
for I am a man of unclean lips
and I live among a people of unclean lips,
and my eyes have looked at the King, the Lord of hosts.'

Then one of the seraphs flew to me, holding in his hand a live coal which he had taken from the altar with a pair of tongs. With this he touched my mouth and said:

'See now, this has touched your lips,
your sin is taken away,
your iniquity is purged.'

Then I heard the voice of the Lord saying:

'Whom shall I send? Who will be our messenger?'

I answered, 'Here I am, send me.'

Mrs Clara Privitera
Religious Education Leader

NEWS FROM THE PRINCIPAL

Dear Parents and Caregivers,

Welcome back and a Happy New Year to everyone.

A very sincere 'Thank you,' to the families who were able to attend Robyn's funeral. The Aquilina family were humbled and overwhelmed by the assistance provided by both the staff and the school community. Robyn Aquilina was a wonderful staff member who loved our children and blessed them with the gift of music. She will be sadly missed by all of us and we will plan a special mass for her at some stage this year with a memorial dedication.

Next week our new Parish Priest / Administrator will arrive. Fr Peter Hoang OMI is expected to begin his tenure at St Thomas More on February 13th. We look forward to working with Fr Peter Hoang throughout this year and beyond.

This term we welcome back Ashleigh (Borg) Di Sensi from her honeymoon, Nari Kosta and Belinda (Cassar) Finocchiaro as they return from Maternity leave. God has blessed them with beautiful babies Aurelia and Raphael.

We welcome Nathan Power as our new music teacher, Teresa Privitera, Sabrina Di Qual, Grace Crisara and Sara Belante as Learning Support Officers.
Please remember that there is a ‘No Hat No Play’ policy during Term 1 so please ensure your child always has a school hat during this term.

This year St Thomas More is up for review. This process is run by an independent reviewer appointed by the Catholic Education Office and the VRQA, Victorian Registration and Qualifications Authority. This process will take place in the middle of May of this year.

We have four staff members with child who are all due around the middle of the year, Mrs Mazzei in Grade Five who job shares with Miss Gibson, Mrs MacKintosh who is working on our Review documentation part time, Mrs Mantello who is Maths intervention part time and Mrs Parasavini, who is working in Grade Five in a Learning Support Officer role.

Our Prep Information Evening/Wine and Cheese night was held on Tuesday Evening this week. From all of the feedback received, it was a very informative and enjoyable evening for all.

Next Monday the 8th of February, we have a whole school information afternoon and evening at 3.30pm and 6.30pm. All parents would benefit from hearing about where we are on our journey with Visible Learning. This part of the evening will start off in hall, parents will then proceed to individual year levels learning area.

We have two Curriculum, (pupil free) days this term to allow for Review preparation. These days are Friday the 19th & Monday the 22nd of February.

2016 is our Camp year, the ‘Middles’ have their camp as an overnight Zoo Experience in term 1 and 5 & 6’s have theirs at Phillip Island in term 4. The Grades Prep, Ones and Two’s will do something on the school grounds.

For the benefit of our new families, the extra-curricula activities offered at the school include music lessons, singing lessons, homework club, Kelly sports, before and after care. These are run privately but closely overseen/approved by the Principal. Information and enrolment forms are available from the office.

This year, our Sports day will be postponed until term 2 week 2. We are looking at Monday 18th April, but will confirm this as soon as we know for sure. We are planning to have a full athletics carnival off the property but we need to find a venue and allow enough time for the children to prepare for the events with the Kelly Sports coaches and their teachers.

Finally, this year we celebrate our STM Arts festival. This event will showcase both visual and performing arts and will be held on Thursday the 13th of October on our school grounds.

Our school captains for 2016 are School Captains: Alia Wong, Rayan Jayatilake, Vice School Captains: Carla Michelin, Julian Giurfo. Sports Captains have also been voted in. Students will be voting for SRC this week. All student leaders will be commissioned at mass once our new Parish Priest settles in.

Thank you for your ongoing support
Marcy DeNardis

LIST OF EVENTS TERM 1 2016

**FEBRUARY 2016**

- Mon 1st - First day back for all students
- Tue 2nd - Prep Parent Info night followed by meet n greet. Parents only. 7pm in Library
- Mon 8th - Whole school parent info night @ 3.30pm and 6.30pm in the hall (other than Prep)
- Wed 10th - Ash Wednesday Mass @ 10.00am. All families welcome to attend
- Fri 19th - Curriculum Day (more info to follow)
- Mon 22nd - Curriculum Day (more info to follow)
- Tue 23rd - Better Buddy Day
- Thur 25th - School Photos

**MARCH 2016**

- Wed 2nd - Young Leaders Day
- Tue 8th - Open Day 9.30am and 7.00pm
- Mon 14th - Labour Day - Public Holiday
- Tue 15th - Book Fair begins
- Tue 22nd - Book Fair ends
- Thur 24th - Holy Thursday
  - Last Day Term 1
  - 12.00pm finish
  - Casual clothes day, Gold coin donation to Children’s First Foundation
April

Mon 11th - 1st day back Term 2
(NB. Sports Day will be held in Term 2 – date TBC)

School Fees Direct Debit
Dear Families,

Please note that if you had your fees directly debited from your credit card account last year, a new form must be completed each year to continue with this arrangement. Credit Card details are not kept from year to year. Thank You

SCHOOL PHOTO DAY IS COMING
SCHOOLPIX will be visiting us on THURSDAY 25TH FEBRUARY 2016

PHOTO DAY TIPS:

Dress: Clean and tidy as per school uniform guidelines
Hair: Neat and swept off face
Manual Orders: Complete your order form and return with payment to school on photography day
Online Orders: To pre-order online, take your personal Order and ID Numbers found on your order form and go to www.schoolpix.com.au. Orders can be placed online up to 2 working days after photography. You do not need to return the order form if you order online.
Sibling Orders: For a special photo of you children together, collect a Sibling Order Form from the office or download it from the SchoolPix website and return it on photography day. Alternatively Order Online by 10am on photography day.
Remember: All orders placed online will receive a free 20cm x 25cm black and white portrait print.

PO Box 5222, Hallam VIC 3803
Ph: 1300 766 055
Email: info@schoolpix.com.au

Parents and Friends (PNF) of St Thomas More Primary School

Welcome back to a new year and welcome new families.
The first PNF meeting of 2016 will be on:
Thursday 11th February at 2.15pm in the parent’s room (next to the library).
We would like to extend an invitation to all to attend.
Please come for a chat, cake and coffee, no commitment required, all ideas are welcome.
Each year the committee positions become available (president, vice-president, secretary and treasurer).
If you are unable to attend but interested please email: pnf@stmhadfield.catholic.edu.au

SCHOOL HATS – School Hats are available in the office for $13.00. Sizes range from Small up to X Large.

Our supplier of our Uniforms is now taking on-line ordering.
Please visit their website; http://www.academyuniforms.com.au/ and use password : hadfield
### Staffing List 2016

<table>
<thead>
<tr>
<th>Designation</th>
<th>Name</th>
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<tr>
<td>Prep BLUE</td>
<td>Rebecca Tong</td>
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<td>Prep MAROON</td>
<td>Sofiça Aitken</td>
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<td>Prep WHITE</td>
<td>Rebecca Russo</td>
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<td>1 BLUE</td>
<td>Emma Kelly</td>
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<td>1 MAROON</td>
<td>Laura Ottobre</td>
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<td>Lisa Salemme</td>
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<td>2 BLUE</td>
<td>Michelle Crisara</td>
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<td>2 MAROON</td>
<td>Louise Mathieson</td>
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<td>2 WHITE</td>
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<td>MIDDLE BLUE</td>
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<td>MIDDLE MAROON</td>
<td>Rosaria Cannizzo</td>
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<td>MIDDLE WHITE</td>
<td>Amy Garretto</td>
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<td>MIDDLE NAVY</td>
<td>Nari Kosta / Belinda Finocchiaro</td>
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<td>MIDDLE GOLD</td>
<td>Natasha Stefkova</td>
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<td>5 BLUE</td>
<td>Ashleigh De Sensi</td>
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<td>5 MAROON</td>
<td>Aleisha Gibson / Sonia Mazzei</td>
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<td>6 BLUE</td>
<td>Tarryn Healy</td>
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<td>6 MAROON</td>
<td>Melissa Zuccarelli</td>
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<td>Review Support Term 1</td>
<td>Kate Mackintosh</td>
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<td>Maths Intervention Term 1</td>
<td>Annette Mantello</td>
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<td>Principal</td>
<td>Marcy De Nardis</td>
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<td>Deputy Principal/Literacy Leader</td>
<td>Anneliese Gaulton</td>
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<td>Learning &amp; Teaching Leader</td>
<td>Kate Korber</td>
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<td>Clara Privitera</td>
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<td>Maria Vainieri</td>
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<td>Special Education Leader /Reading Recovery</td>
<td>Rita Marcon-Nuciforo</td>
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<td>Student Well-Being Leader</td>
<td>Janine Cincotta</td>
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<td>Visual Arts</td>
<td>Linda Spicuglia</td>
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<td>Music</td>
<td>Nathan Power</td>
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<td>Drama</td>
<td>Maureen Vitetta / Carolina Ferguson</td>
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<td>Bursar</td>
<td>Maree Gleeson</td>
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<td>Mary Anastasopoulos</td>
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<td>Teresa Privitera</td>
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<td>Grace Crisara</td>
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<td>Librarian</td>
<td>Mary Turville</td>
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<td>Canteen Coordinator</td>
<td>Rita Cardamone</td>
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<td>Canteen Assistant/ Learning Support Officer</td>
<td>Daniela Attard</td>
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<td>Maintenance</td>
<td>Tony Gigliotti</td>
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<td>Gardening Maintenance</td>
<td>Kim Ide</td>
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<td>Cleaning</td>
<td>Ultra Cleaning / Spiro Desira</td>
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<td>Parish Priest</td>
<td>Fr Peter Hoang OMI Administrator</td>
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CHILDREN WITH ANAPHYLAXIS IN OUR COMMUNITY:

Anaphylaxis is a severe allergic reaction that is potentially life threatening. Food allergies are the most common cause of anaphylaxis. Whilst there is no cure for food allergy, it is important that we are all aware of allergy causing foods. Peanuts and tree nuts are the foods most likely to cause anaphylaxis.

The school is supporting children at risk of anaphylaxis by adhering to preventative risk management including:

- training all staff
- 'NO FOOD SHARING ' rule
- encouraging children to wash their hands before AND after eating and
- educating children about food allergies

Whilst blanket bans on allergy causing foods is not recommended by ASCIA or the Royal Children's Hospital, we ask that you take into consideration minimising sending food for your child's lunch that may cause potential harm. Tree nuts and nut products are one of the most common allergens.

'NO FOOD SHARING' RULE.

To support children in our community with allergies and who are at risk of anaphylaxis we have a strict NO FOOD SHARING policy. We ask that you discuss this with your child and remind them of this.

Janine Cincotta
Student Wellbeing Leader

EXPRESSIONS OF INTEREST:

If you would like be involved in break time activities on the yard or would like to run a special club such as chess club or other initiatives please contact me to discuss further. jcincotta@stmhadfield.catholic.edu.au

PARENT REPS:

A Strong community is very important for the wellbeing of our students. St. Thomas More recognises that strong parental involvement is a factor in the success of children at our school.

If you would like to be a parent representative in 2016 please return the slip to your class teacher by Tues 16th Feb.

The Role of the Parent Rep is to:

- build community and networks in their child’s classroom/ by organising morning teas, get togethers. Sometimes this is done jointly across the year level with other reps
- welcome new families to the class and STM
- support parents in the class in times of need by sending a card for a bereavement
- assisting the teacher in organising art show/ reparation
- assisting the teacher to organise key classroom/ year level events

NAME: ____________________________________________

CONTACT DETAILS: ________________________________________________

MOBILE ______________________________ EMAIL: ________________________

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<th>CHILD’S NAME</th>
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NEWS FROM OUR DEPUTY PRINCIPAL

Dear Families

A warm welcome back to STM to all of our wonderful families. For those of you who are new to the school my name is Anneliese Gaulton and I am the Deputy Principal, the person responsible for overseeing the Literacy Curriculum and the person who organises classroom helpers across the school. Essentially, I wear various hats in my roles in the school and some of the things I have involvement in include:

Deputy Principal:
Leading improvement, innovation and change in relation to the School's strategic directions within the school with the Principal and Leadership team
Ensuring the delivery of effective education programs within the school
Leading teaching and learning alongside the other members of the Leadership Team
Support and promote a contemporary Catholic educational vision with a focus on the student as a learner and person

Literacy Leader:
Oversee and implement all Literacy programs and initiatives across the school
Resource the school for effective Literacy teaching
Plan with staff and help train, support and develop their professional knowledge in Literacy
Implement and oversee Literacy Intervention programs in conjunction with Special Ed Leader and Reading Recovery teacher and classroom teachers
Assessment in Literacy
Visible Learning Impact Coach

Classroom Helper Role:
Train all parent/classroom helpers

I look forward to working with you all and your beautiful children across the year. Feel free to contact me with any questions not answered in our upcoming information night.

Kind Regards
Anneliese Gaulton

NEWS FROM OUR LEARNING & TEACHING LEADER

A very big welcome to the 2016 to every member of our St Thomas More Community. For those of you who do not know me, my name is Kate Korber. For the past 8 years I have been Co-Deputy Principal, however this year I am stepping back from this role to bring back some balance to my young family. I will be remaining in my role of Learning & Teaching leader, an area which I am most passionate about. In this role, I focus on working together with teachers and parents to equip their children with the skills and knowledge necessary to succeed and feel great about themselves. I am dedicated towards the development of a contemporary and innovative learning community, where all stakeholders are empowered to be a positive influence on student learning. Specifically this involves:

Planning rigorous, rewarding and real learning opportunities for our students with our teachers on a weekly basis
Overseeing a holistic and contemporary school wide curriculum
Providing professional development for teachers that focuses on current research and innovative practice
Coordinating various extension programs for students including GATEWAYS
Equipping teachers with feedback to improve their skills
Developing and facilitating a variety of parent information sessions that focus on current teaching and learning initiatives
Overseeing our assessment and reporting processes
Developing the use of contemporary learning technologies for learning
Coordinating the inclusion of our wider community as experts for learning in our learning spaces

A key way in which we communicate information with our parents is via our school blogs. The 'MORE LEARNING' blog is specifically dedicated to parent education and is often updated with resources, ideas and links to recent focus for teacher professional development. You can find this blog here:

https://sites.google.com/a/stmhadfield.catholic.edu.au/learning/

I look forward to working with you and your children throughout 2016. If you’d like to speak with me about anything relating to your child’s learning, please do not hesitate to email me via kkorber@stmhadfield.catholic.edu.au
NEWS FROM OUR NUMERACY LEADER

Dear Parents,
Welcome back to another wonderful year at St Thomas More. I would like to take the opportunity to introduce myself my name is Aleisha Gibson and I am the Mathematics Leader and Year 5 teacher at St Thomas More.

Last Thursday and Friday your children had an interview with their new teachers with a focus on mathematics testing. The testing involved finding where your child sits in relation to different mathematical areas. The areas include: counting, place value, addition, subtraction, multiplication, division, time, mass, length, shape and properties and visualisation. The purpose of gathering this data is to give teachers a good understanding of where to begin teaching with your children.

Again this year students in all year levels will be given an opportunity to participate in the Maths Talent Quest, more information around what this involves will disseminated at a later stage.

I am looking forward to getting to know new families and those I haven’t formally met with yet. If you have any questions feel free to come and schedule a time to see me.

NEWS FROM OUR ICT LEADER

Dear Parents,
Welcome back to another wonderful year at St Thomas More. I hope you had a wonderful break and are refreshed and ready for 2016. I would like to take this opportunity to introduce myself. My name is Sonia Mazzei and I am the ICT (Information and Communication Technology) Leader and Year 5 teacher at St Thomas More.

My role is to ensure that teachers and students use technology effectively and appropriately across all curriculum areas. I also work with students and teachers across the school and assist in developing rich learning experiences that utilise information and communication technology.

We use various platforms at St Thomas more to communicate with one another such as Google Drive, Class Dojo and Google Classroom. Children have access to Chromebooks, iPads and desktops and all activity is monitored by IT support.

This year, students in all year levels will be given various opportunities to use ICT as a tool to support their learning.

I am looking forward to getting to know new families and those I haven’t formally met with yet. If you have any questions feel free to come and schedule a time to see me.

Kind Regards,
Sonia Mazzei

NEWS FROM OUR RELIGIOUS EDUCATOR LEADER

Dear Parents,
Welcome back to a new school year. I would like to take the opportunity to introduce myself. My name is Clara Privitera and I am the Religious Education Leader of our school.
I share the responsibility of the Catholic life of the school and liaise with other members of our school leadership and Parish priest to plan school Masses and prepare our students for the Sacraments of Reconciliation, First Communion and Confirmation.
I encourage, coordinate and supervise the planning, the sharing of ideas and decision-making to enhance Religious outcomes for students. I oversee the implementation of assessment and reporting procedures in Religious Education.
I look forward to seeing and working with you across the school year.
Please don’t hesitate to call me or contact me with any questions.

Kind Regards
Clara Privitera
NEWS FROM OUR SPECIAL EDUCATION LEADER & READING RECOVERY

Dear Parents,
Welcome back to a new school year. I would like to take the opportunity to introduce myself. My name is Rita Marcon and I am the Student Services Leader of the school.

The Student Services Leader supports teachers in:
- **Identifying** students with additional learning needs
- **Implementing** targeted assessment for these students
- **Analysing** the assessment data for these students
- Formulating an educational **Learning and Teaching** pathway for these students through a Personalised Learning Plan (PLP)
- **Evaluating** the adjustments made for these students

I look forward to working with the teachers and you across the school year.
Please don’t hesitate to call me or contact me with any questions.
Kinds Regards
Rita Marcon

NEWS FROM OUR STUDENT WELLBEING LEADER

Dear Parents
I hope you all had a lovely holiday! Welcome to the new school year.
My name is Janine Cincotta and I am the Student Wellbeing Leader.
My role encompasses many areas from policy development, to leading on wellbeing initiatives and programs across the school as well as facilitating professional development for staff.
In my role I am able to:
- Liaise with the Learning & Teaching Leader to ensure Social and Emotional Learning occurs across curriculum
- Coordinate various programs such as Seasons for Life - grief and loss program, Positive Parenting programs and Peaceful Kids program (positive psychology and anxiety management strategies)
- Liaise and coordinate parent representative group 1-2 times per term
- Manage and coordinate Anaphylaxis training for all staff
- Lead initiatives for State/National key events such as National Child Protection Week, National Action Day of Action Against Bullying and Violence, Better Buddy Days

My role is to ensure that a whole school approach to creating safe and supportive learning and teaching communities acknowledges the strong interconnections between student safety, student wellbeing and learning. Student safety and wellbeing are enhanced when students feel connected to their school, have positive and respectful relationships with their peers and teachers, feel confident about their social and emotional skills and satisfied with their learning experiences at school.
If you have any queries please do not hesitate to ask.
Janine Cincotta

CANTEEN NEWS

Welcome back to all our STM Families and children and a big welcome to our new families, hope you all had a relaxing and enjoyable break. Just a quick note from myself, as you would have already received and read my welcome letter.
As advised pizza is available on a Wednesday, varieties available are - Chicken Supreme, Margherita, Ham & Pineapple and Meatlovers.
This Term we will also be selling Streets Callipo Icy Poles, these are available for $1.00
Fruit Nuggets are still 50c not 70c as advised on new canteen list (see new Canteen with this newsletter)
Chocolate Chip cookies and cup cakes are still $1.00 not $1.50 as advised on the new 2016 canteen list
Brown bread and rolls will also be available on request

Thanks, Rita Cardamone - Canteen co-ordinator
Dear Friends,

Many Catholics were distressed by this week’s majority High Court decision relating to the treatment of Asylum Seekers.

Following the news of the Anglican Church’s symbolic action of offering sanctuary to asylum seekers, the Australian Catholic Bishops’ Conference has issued the following Statement.

I hope that you will be able to disseminate this statement from Bishop Vincent Long, on behalf of the ACBC to your school community.

---

Media Statement from Bishop Vincent Long ofm conv, Australian Catholic Bishops Delegate for Refugees regarding the High Court’s decision on offshore processing

“Following the High Court decision, the Australian Government’s response to people seeking asylum, including babies born in Australia and their parents, should focus on protecting them from harm and respecting their human dignity.”

“I urge the Prime Minister Malcolm Turnbull and Minister for Immigration Peter Dutton to show compassion and mercy towards these families and not act in a way that will cause even more harm than has been done already.”

“The Catholic Church is prepared to collaborate with other community organisations to provide support for asylum seekers.”

“I urge the Australian Government to ensure that no child is subject to an unsafe and harmful environment and that no-one is returned to where they may face physical, psychological and sexual violence and harm.”

“The Catholic Church opposes mandatory detention and offshore detention because these policy responses do not respect the dignity of people seeking our help.”

“Governments have a responsibility to manage migration flows, but the Australian Government’s current approach is harsh and should change.”

Bishop Vincent Long is the Australian Catholic Bishops spokesman on refugees and a former refugee.

Media Enquiries:
Aoife Connors
Media & Communications Director
Australian Catholic Bishops Conference
02 6201 9859
0450 348 597
Before School / After School Care Program

Parent Information:

OSHC program phone: 0401-442-393.
Coordinator: Luisa Coco.
Assistants: Sonya Badding and David De Anglis
OSHClub Head Office: 03 85649000

All families must be enrolled to attend the program, remember this is Free!! Please create an account online at www.oshclub.com.au all bookings and cancellations can also be managed via your online account. For on the day bookings please contact the Coordinator direct at the program.

Program Update

Dear Parents and Families,

Welcome back!! It is a new year full of many possibilities. Last year was filled with many fun activities that catered to all children's interests and needs. We intend to do the same this year.

The team and I are looking forward to meeting new families and are excited to meet new preps that are starting in 2016. Feel free to come past and check our service out. We operate from 7am-9 am and from 2:45pm- 6pm every weekday.

We have lots of arts and crafts, sports activities, dramatic play, cooking and much more.

Our focus activities this week is to have a relaxing session full of random fun educational experiences.

Luisa and the Team.
Instrumental Lessons at School

A great opportunity for your child to learn a musical instrument in the comfort of school facilities

“To foster the gift of music, encouraging students individually in their own uniqueness, whilst promoting and building confidence and self esteem, in a safe, fun, creative, innovative and affordable manner...”

2016

experience music

0457 515 607
ces@experiencemusic.com.au
INSTRUMENTAL TUITION EXPRESSION OF INTEREST

Enrolment can be made at any time during the school term
Students will be taken out only at appropriate times in consultation with teachers & parents

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<th>INSTRUMENT (PLEASE TICK)</th>
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<tr>
<td>BASS</td>
<td>DRUMS*</td>
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<td>GUITAR</td>
<td>KEYBOARD</td>
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* Drum lessons can only be offered in ‘Individual’ OR ‘Shared’ mode.

Group (3-4 students) $13.00 per lesson ______

Shared (2 Students)(subject to availability) $17.00 per lesson ______

Individual (1 student) $25.00 per lesson ______

Lessons are usually paid a full term (or remainder thereof) in advance.

Would you be interested in purchasing the following through Experience Music? (Please tick)

- Guitar (Full size with case) - $130 ______ Guitar Text Book $25______
- Guitar (3/4 size with case) - $110 ____ Keyboard Textbooks (1xTheory & 1xPrac) - $35____

* All prices are subject to change

Student Surname: ___________________ Given Names __________________________ Mr/Ms

Year Level: _______ Homeroom: _______ Age: _______

Previous musical knowledge (Briefly outline any previous music tuition):

Parent Surname: ___________________ Given Name(s) __________________________ Mr/Ms

Address: __________________________ Postcode: _______

Phone: (Home) ____________________ Mob. (Father) ____________________ Mob. (Mother) ____________________

Email Address 1 (Required): ____________________ Email Address 2: ____________________

Employer Name & Address (In an event of emergency)

Employer Telephone Number:

Parent Signature: ____________________ Date: ____________________

Please return this form to:

Attn: Experience Music

St. Thomas More Primary School

Please do not send any money with this form. Upon receipt Experience Music will contact you and you will receive a full program description.
Camps, Sports and Excursions Fund (CSEF) Application Form

School Name

Parent/legal guardian details

Surname

First name

Address

Town/suburb

State

Postcode

Contact number

Centrelink pensioner concession OR Health care card number (CRN)

☐ - - - -

OR

Foster parent* OR Veterans affairs pensioner

*Foster Parents must provide a copy of the temporary care order letter from the Department of Health and Human Services (DHHS).

Student details

<table>
<thead>
<tr>
<th>Child’s surname</th>
<th>Child’s first name</th>
<th>Student ID</th>
<th>Date of birth (dd/mm/yyyy)</th>
<th>Year level</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>

I authorise the Department of Education and Training (DET) to use Centrelink Confirmation eServices to perform an enquiry of my Centrelink customer details and concession card status in order to enable the business to determine if I qualify for a concession, rebate or service. I also authorise the Australian Government Department of Human Services (DHS) to provide the results of that enquiry to DET.

I understand that:

- DHS will use information I have provided to DET to confirm my eligibility for the Camps, Sports and Excursions Fund and will disclose to DET personal information including my name, address, payment and concession card type and status.
- This consent, once signed, remains valid while my child is enrolled at a registered Victorian school unless I withdraw it by contacting the school.
- I can obtain proof of my circumstances/details from DHS and provide it to DET so that my eligibility for the Camps, Sports and Excursions Fund can be determined.
- If I withdraw my consent or do not alternatively provide proof or my circumstances/details, I may not be eligible for the Camps, Sports and Excursions Fund provided by DET.
- Information regarding my eligibility for the Camps, Sports and Excursions Fund may be disclosed to the Victorian Department of Health and Human Services and or State Schools Relief for the purpose of evaluating concession card services or confirming eligibility for assistance.

You are able to request access to the personal information that we hold about you, and to request that any errors be corrected, by contacting your child’s school.

Signature of applicant

Date / /
### ST THOMAS MORE'S CANTEEN PRICE LIST 2016

<table>
<thead>
<tr>
<th>SANDWICH</th>
<th>ROLL</th>
<th>HOT FOOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buttered</td>
<td>$1.20</td>
<td>Vegetarian Fried Rice, Beef Lasagne, Twista Bolognaise</td>
</tr>
<tr>
<td>Vegemite</td>
<td>$1.50</td>
<td>Four n Twenty Pie</td>
</tr>
<tr>
<td>100's &amp; 1000's</td>
<td>$1.50</td>
<td>Four n Twenty Sausage Roll</td>
</tr>
<tr>
<td>Strawberry Jam</td>
<td>$1.50</td>
<td>Party Pie</td>
</tr>
<tr>
<td>Cheese</td>
<td>$2.30</td>
<td>Steamed Dim Sims</td>
</tr>
<tr>
<td>Cheese &amp; Tomato</td>
<td>$2.90</td>
<td>Hot Dog in Bread</td>
</tr>
<tr>
<td>Ham</td>
<td>$3.10</td>
<td>Hot Dog in Roll</td>
</tr>
<tr>
<td>Ham &amp; Cheese</td>
<td>$3.70</td>
<td>2 Hot Dogs in Roll</td>
</tr>
<tr>
<td>Ham, Cheese &amp; Tomato</td>
<td>$4.00</td>
<td>Chicken Nuggets</td>
</tr>
<tr>
<td>Ham &amp; Salad*</td>
<td>$4.60</td>
<td>Chicken Wedges</td>
</tr>
<tr>
<td>Tuna</td>
<td>$3.10</td>
<td></td>
</tr>
<tr>
<td>Tuna &amp; Cheese</td>
<td>$3.70</td>
<td></td>
</tr>
<tr>
<td>Tuna, Cheese &amp; Tomato</td>
<td>$4.30</td>
<td></td>
</tr>
<tr>
<td>Tuna &amp; Salad*</td>
<td>$5.10</td>
<td></td>
</tr>
<tr>
<td>Chicken</td>
<td>$3.10</td>
<td></td>
</tr>
<tr>
<td>Chicken &amp; Cheese</td>
<td>$3.70</td>
<td></td>
</tr>
<tr>
<td>Chicken, lettuce &amp; Mayo</td>
<td>$3.90</td>
<td></td>
</tr>
<tr>
<td>Chicken &amp; Salad*</td>
<td>$5.10</td>
<td></td>
</tr>
<tr>
<td>Salad*</td>
<td>$4.10</td>
<td></td>
</tr>
<tr>
<td>Extra - Toasted</td>
<td>10c</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10c</td>
<td></td>
</tr>
</tbody>
</table>

* (Cheese, Cucumber, Tomato, Beetroot, Carrot & Lettuce)

### WRAPS

<table>
<thead>
<tr>
<th>Warm Chicken (2 Tenderloins, Lettuce, Grated Cheese, Tomato &amp; mayo)</th>
<th>$6.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm Chicken (2 Tenderloins, Grated Cheese, Mayo)</td>
<td>$4.50</td>
</tr>
<tr>
<td>Tuna (Tuna, Lettuce, &amp; Philly Cream Cheese)</td>
<td>$5.50</td>
</tr>
</tbody>
</table>

### SALAD BOXES

<table>
<thead>
<tr>
<th>Plain (Lettuce, Cucumber, Tomato, Beetroot, Carrot &amp; Grated Cheese)</th>
<th>$5.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>With Ham, Tuna or Chicken</td>
<td>$6.50</td>
</tr>
</tbody>
</table>

### EXTRAS

<table>
<thead>
<tr>
<th>Tomato Sauce, Soy Sauce, Mustard &amp; Mayo</th>
<th>20c each</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese and Salad Toppings</td>
<td>60c each</td>
</tr>
<tr>
<td>Toasted Sandwiches</td>
<td>10c</td>
</tr>
<tr>
<td>Large Brown Lunch Bags</td>
<td>10c</td>
</tr>
</tbody>
</table>

### SNACKS

| Popcorn: Lightly Salted, Cheese, BBQ, Chicken & Sweet Chilli       | $1.50 |
| Shapes & Tiny Teddies                                            | 70c    |
| Fruit Nuggets                                                   | 50c    |
| Gingerbread People                                              | $1.50 |
| Cup Cakes                                                       | $1.00  |
| Cookies (when available)                                        | $1.00  |
| Mamee Dried Noodles                                             | $1.00  |
| Zooper Doopers / Juicies                                        | 70c    |
| Streets Lemonade Icy Twists                                     | $1.00  |
| Slushy's                                                        | $2.00  |
| Moosies / Streets Paddle Pops                                   | $1.50  |

### DRINKS

| Water - 350ml                                                    | $1.00  |
| 100% Fruit Juice - 200ml                                        | $1.50  |
| Apple & Blackcurrent, Orange, Tropical & Apple                   |       |
| Big M Chocolate Milk - 250ml                                    | $2.00  |
| Big M Strawberry Milk - 250ml                                   | $2.00  |
| Up & Go - 250ml                                                 |       |
| Banana, Chocolate, Strawberry & Vanilla,                        |       |

### SPECIALS

<table>
<thead>
<tr>
<th>Monday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Burger Plain</td>
</tr>
<tr>
<td>Chicken Burger with Cheese</td>
</tr>
<tr>
<td>Chicken Burger with Lettuce</td>
</tr>
<tr>
<td>Chicken Burger with Cheese, Lettuce &amp; Mayo</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pizza</td>
</tr>
<tr>
<td>Chicken Supreme, Margherita, Ham &amp; Pineapple and Meatlovers</td>
</tr>
</tbody>
</table>

*Please note due to Health Regulations food brought from home is not allowed to be heated in canteen.
The start of the year is the best time to reset your goals and ambitions, as well as make tweaks to your daily activities. And that should include parenting as raising kids fits in the “Very Important” category of our lives. Also it doesn’t matter if last year was Struggletown or Happycity in your family, this year will always be better, right? It’s a fresh start. So here are ten simple actions that, if you implement as much as possible each day, will help you raise the type of kids you want to raise – happy, confident, resilient and spirited.

1. Encourage more
It is self-belief rather than lack of ability that holds many kids back from really achieving their best. Parents mirror back to their children how they see themselves. If you are naturally negative start by focusing on children’s strengths, let them know how they can improve and give them real responsibilities so they learn that their parents have faith in them. Like a flower needs water, a child needs encouragement.

2. Discourage less
Every parent wants to build their child’s confidence, realising their confidence levels are related to kids’ happiness and success. Start this process by eradicating discouraging parenting practices such as fault-finding, spoiling, overprotecting and fixing kids’ problems all of which send kids the message that “as I am, I’m not good enough”. (There are eight other common discouraging practices I’ve identified that I’ll talk about in my Cracking the Confidence Code online course beginning in February).

3. Breathe more
If you found yourself over reacting to kids’ poor behaviour last year then you missed an important lesson I taught in my online courses – take a breath (step away if necessary) before you over react as deep, nasal breathing not only calms you, but alters your thinking as well.

4. Yell less
When we’re under stress we usually respond at our lowest skill level, which at times is not pretty. As a parent we often get stressed when we want out kids to cooperate so we’ll either repeat ourselves, yell or both! AARRGHHH! There is a better way. I’ve been teaching parents for many years now to nurture like a dog, manage like a cat! Cats are assertive and self-contained. They mean business. Managing like a cat means you don’t yell, but act instead. Your non-verbal strong body language, steady face, move into their proximity- indicate you mean what you say. It’s not aggressive, just good management and smart leadership.

5. Teach more
Teaching and training needs to be part of the everyday repertoire of a parent so you can train them for independence. This means you may need to add extra time to many of our interactions so we can help children acquire many of the basic skills of living, whether it is a young child learning to do up his or her shoelaces or a teenager learning how to fill out his or her tax form.

6. Do less
When we are busy it is often easier to do things ourselves than allow our kids to do them including tidying toys away, getting themselves up and packing school bags. The trouble with that method is that our kids stay dependent on us, and we are always busy. Do less, rather than more for your kids this year.
7. Give more
Moving kids from thinking 'me' to thinking 'we' takes work these days as families are small and parenting tends to be child, rather than family-focused. Develop a sense of altruism by encouraging your kids to volunteer, giving some pocket money to charity, and giving away old or unused toys.

8. Fight less
If you always seem to be fighting with one or two of your kids sit back and assess what’s important and what’s not, and then only fight over major stuff. Fighting over minor issues burns up parent energy and damages relationships. Make a list of minor and major issues as a reminder.

9. Model more
Copying is the easiest and fastest way to learn anything. That’s how kids learn. They see. They do. They see their mum swear. They swear using the same words and tone as mum usually in front of your relatives and friends!!! Harness the power of modelling for positive purposes such as helping your kids think through problems; let your kids see you compromise so they know how to give and take in relationships; let them hear you ask for what you want so they know how to be assertive rather than aggressive.

10. Criticise less
Are you continually critical of children? Is your antennae set to notice their faults and weaknesses and not their strengths? Perhaps someone in your family is like that? Recently I heard that the average adolescent hears five critical comments at home for every one positive comment. Who’d like to live in a toxic environment like that? It seems many kids do. If is you, then reset the antennae and start noticing kids’ good points. Otherwise, learn to hold your tongue.

Bonus 11. Learn more
Many parents are using methods that just aren’t working for them. If the manual you are operating from – the one inside your head – is not working for you then its time for an update. So this year take a course; read some books; develop a relationship with a respected professional. Do something significant to put you on the path to parenting improvement.

They are such great parents!”
I’ve heard this statement a lot over the years. Sometimes it’s said about someone who is doing a wonderful job raising difficult kids or who is raising a family in challenging circumstances, such as following the loss of a partner or parenting while ill.

I think there’s more to it than that. I’ve spent the last twenty-five years thinking about the essentials of parenting and that includes figuring out what makes great parents great. What exactly is it that sets them above others? Whether instinctive or learned I’ve listed a number of behaviours, attitudes and skills that set great parents apart from the rest of us.
Great parents:

1. Separate themselves from their kids.
All parents naturally have hopes and dreams for their children. Great parents don’t let their aspirations for their children cloud their judgment or worse, take autonomy away from children who want to follow their own path.

2. Change as their child changes.
You know how it goes. You finally understand what makes a nine-year-old tick and then he moves into adolescence and the whole game changes. Great parents have the knack of matching their parenting style to their child’s developmental age.

3. Know how to lead the gang.
Great parents know how to get their kids singing from the same song sheet, at least some of the time. While their children may fight, you can count on them to stick together when the chips are down. This is more than a case of ‘blood is thicker than water’. Their parents have somehow managed to develop a sense of ‘we’ rather than ‘me’ in their kids. That’s real leadership.

4. Know when to nurture the individual.
As well as leading the gang great parents know how to give individual children what they need. This comes from keeping their ear to the ground and knowing what’s happening in their children’s lives.
5. Love their kids but don’t expect to be liked in return.
It’s a given that parents love their children, but this unconditional love is not always reciprocated. Great parents don’t always expect to be liked. In fact, they know at times they must live with their child’s contempt but that is a part of the parenting journey.

6. Have difficult conversations with kids.
Sexuality, dealing with loss, teen drinking and forgiveness! This is a sample of the many difficult conversations that parents should have with kids, but often avoid.

7. Don’t shirk discipline!
The job of parents is to socialise their kids so they can fit into the wider world. That means parents expect kids to behave and insist that kids factor in the rights and concerns of others when in public. Some parents will divest the discipline role to others, including their children’s school. Great parents roll up their sleeves and teach their kids what it means to be safe and social, which is what discipline is about.

8. Aren’t afraid of swimming against the tide of popular opinion.
Peer pressure gets to parents just like it gets to kids. Sometimes it seems that every parent, say pays their kids to help at home, but you feel like the odd one out because you believe that they should help regardless of recompense! It’s hard to swim against the tide but that’s what great parents do.

9. Seek to influence rather than control.
Great parents aren’t parenting autocrats. They recognise that some kids have minds of their own so they cut them some slack and seek to persuade and influence rather than control their kids.

10. Continually learn and add to their parenting toolkit.
Know a parent who either yells or nags at their kids when they don’t co-operate? If so, you know a parent with a limited parenting toolkit. Discipline, like confidence building, requires a broad kit of tools, which enables you to nuance your discipline according to different situations. Otherwise, like a carpenter building a house with only a hammer and saw in his toolkit you’ll be severely limited with what you can achieve.

Here are 5 ways to develop healthy, strong study skills that will serve your young person well this year and throughout their lives.

1. Establish a thorough homework process
Doing the homework is one thing, but there are many steps in the process before handing an assignment in. Encourage your young person to:
- Write down an assignment when it's given orally
- Ask the teacher clarifying questions if he doesn't understand anything
- Use a planner or some other organiser to plan his or time
- Place his homework in a designated place as soon as its finished.

2. Establish a Study Zone at home
Choose a consistent study or homework space that’s conducive to working. Some young people need absolute quiet when doing homework, while others work better with soft music. Contrary to the opinions of many teens, studies consistently show that loud music and/or TV are highly distracting to students. Keep work and sleep spaces separate.

3. Establish a regular study time
The establishment of a consistent and specific time to do home work has been linked to academic success. Help your young person work out the best time for him or her to crack the books – before or after dinner, or both. Encourage your young person to take regular breaks to keep their brain alert. Every hour – or whenever she feels frustrated or angry – she should get up and walk around, get a snack and let her brain recover.

4. Establish a way to stay organised
Getting organised reduces stress levels and improves the chance of success. Consider a colour-coding system to keep assignments organised by selecting a single colour for each class (like science or history). Use that colour for
that subject’s folder, highlighters, sticky notes, etc. The colours will not only keep your teen organised but will also enhance his or her recall of the subject.

5. Establish good time management skills
The best way to help your young person organise their time is to use a large wall calendar so they can jot down study, leisure, family and other activities. The visual nature of the wall calendar will enable you as a parent to help them stay on track as well.

Here’s to a year of great parenting and happy kids!

Regards,

Michael Grose
School Banking Day Reminder

Don’t forget that **WEDNESDAY** is School Banking day and students should bring in their weekly deposit.

Families with Prep children may bring in their deposits on Tuesdays in the month of February whilst the children have the Wednesday off.

For every deposit made at school, no matter how big or small, students will receive a silver Dollarmites token. Once students have individually collected 10 tokens they can redeem them for an exclusive School Banking reward item in recognition of their regular savings habits.

Thank you for supporting the School Banking program.

New School Banking rewards now available!

Exciting new Term 1 rewards with an Outback Savers theme are now available, **while stocks last**!

**Flying Snake Tail**

**Wildlife Writer Set**

For every deposit made at school, no matter how big or small, students will receive a silver Dollarmites token. Once students have individually collected 10 tokens they can redeem them for exclusive School Banking reward items in recognition of their regular savings habits. There are 2 new items released each term so be sure to keep an eye out for them!

If your children are not currently involved in the School Banking program and you would like to know more, please ask for a 2016 School Banking program information pack from the school office.
**Glenroy Calisthenics Club**

Throughout February we will be holding come and try classes. The first two classes that you attend are FREE.

No experience Necessary!!

**Times:**
- (3-7 year olds) - Tuesdays 4pm - 5.15pm
- Sub-Juniors (8-10 year olds) - Tuesdays 5-7pm
- Juniors (11-13 year olds) - Mondays 5-7pm
- Internals (14-17 year olds) - Tuesdays 6.30 -9pm
- Seniors (16+ year olds) - Mondays 7-9.30pm
- Masters (26+ year olds) - Tuesdays 7-9pm

We train at Glenroy College - 120 Glenroy Rd, Glenroy, Vic, 3046

For more information Contact us at any of the following:
- www.glenroycalisthenics.com.au or
- gncalisthenics@hotmail.com
- On 0451 302 719

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**Coburg Districts F.C.**

Boys & Girls aged 7 to 14 years to come and play Aussie Rules Footy with us for the 2016 football season.

**2016 Teams - Under 14, 12, 10 & 8's**

- **Competition:** Essendon District FL
- **Season:** April to August
- **Game Days:** Sunday
- **Home Ground:** Cole Reserve
- **Registration Day:** Sunday 7th February
  - 11:00am to 2:00pm at Cole Reserve
- **Club Contacts:**
  - Ricky Mazzone M. 0400 062 219
  - Naomi Banks M. 0409 930 833

Register online @ www.coburgdistricts.com.au

**Weekly training sessions begin February**

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**Mercy College Coburg**

Specialising in Learning for Girls

How much easier would life be knowing that your child can enjoy school everyday in a safe, caring, learning environment?

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**Discovery Day**

Tuesday 16th February 2016

You and your daughter are invited to discover our school.

**SMALL GROUP SESSIONS WHERE YOU CAN MEET THE PRINCIPAL AT:**
- 8am, 10am, 2pm, 4:30pm, 5:30pm, 6:30pm or 7:30pm

Please make contact with Mrs Robyn Herrera at Mercy College on 9319 9299 to make a session booking for Discovery Day, or to arrange another time for a school tour.

Principal: Dr Michelle Cotter

Website: www.mercycoburg.catholic.edu.au
Address: 790 Sydney Road Coburg VIC 3058

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**Hadfield Football Club**

Edfl 2015 season
Senior Premiers
Reserve Finalists
U13s Runners up
U14s Finalists

Martin Reserve
Box Forest Rd
Hadfield

Hadfield Football Club, the family club

All new Junior players and families welcome for the 2016 season.

U8s, U10s, U12s, U14s, U16s training commences on the 2/3/16

Our successful Auskick program will return for 2016 and will take place on Thursday nights from the 14/4/16 4.45pm.

All new families welcome.

For all Junior enquiries please contact Yvonne Dodorico
0438028011
ydodorico@yahoo.com