To the School Community of St Thomas the Apostle

Well Week 3 has certainly been a lot more comfortable temperature wise than last week. Friday was the hottest day I’ve experienced at school in my 33 years of teaching. But I must say, the children and the staff handled it well. In some ways it was bit on an adventure to be over 40! (I’m being very positive here) because before you know it, we will be having those chilly minus temperatures that Canberra is renowned for.

School Camp
Our Year 5/6 classes headed off to Camp Cooba yesterday. From all accounts, they are having a tremendous time. Cooba is a Sport and Recreation Camp near Jindabyne. I have attended more camps than I dare to recall and I firmly believe that they provide a unique educational opportunity for children. Camps promote the growth of independence and resilience; they build team work and foster stronger relationships between children and their teachers. I will be heading to Cooba this afternoon to join the teachers and students for the Thursday evening and Friday morning activities. I would like to thank the accompanying teachers; Rachel Kelly, Natasha Pank, Leah Godfrey, Matt Lowe and Mark Bazzanza. They have happily committed to these two days and three nights of being on constant duty as teachers, as they know what a great experience school camp is for the students. I also extend this thanks to their families who have been without them for this time.

Great News for Our School Community
Congratulations to Sam McDonough, son of Michelle and Shawn, brother of Connor in Year 5 and last year’s Year 6 graduate Rohan, who has been appointed School Captain at St. Mary MacKillop College for 2017. Since 2010, 4 students from St Thomas’ have been appointed to the School Captain position. This truly speaks volumes for our nurturing of leadership at St Thomas’ and is something that we are very proud to celebrate.

School Fees
School Fee accounts have been sent home and unless you pay by instalments, payment is due Friday, 3rd March by Bpay, eftpos, credit card, cheque or cash. If any family is experiencing difficulty meeting their commitment, please make an appointment to discuss how I may be able to assist you. Families who received remissions last year must apply to renew the agreement for 2017. Any Fee Remission request goes to the Community Council’s Finance Committee for approval.
Setting Up for a Great Year

Continuing on from last week, here are a few more tips for you to ponder.

4. CHOOSE EXTRACURRICULAR ACTIVITIES CAREFULLY – From coding to hip-hop dancing, the choices for after-school activities these days are endless, but research shows that if you’re looking for an activity proven to help with increasing your child’s academic skills, sport or (if started by age seven) music study is the way to go.

5. WATCH YOU WORDS – Contrary to popular belief, telling your kids that they are smart (regardless of the proof) doesn’t necessarily mean they’re going to try to rise to the challenge. Instead, researchers recommend telling them that “they worked so hard” when they succeed at something will make them more likely to take on, and excel at, further challenges.

6. ENFORCE BEDTIME HOURS – Is your child insisting on pushing back their bedtime? According to one study, losing just an hour of sleep a night can lower your child’s IQ, so aim to get 11 hours of shut-eye for 5 to 10 year olds and a solid 9½ hours for 11 and up.

The final lot of tips will be in next week. I hope you find them useful. If you see me in the school yard when you’re dropping off or picking up your children let me know what you think of these tips. I would love to hear from you.

Enjoy the rest of the week.

May God bless you and your families.

Ursula Jamieson
Principal

RE Week 3 - Follow Jesus’ Way

“Little children, let us love, not in word or speech, but in truth and action.”

When we follow Jesus’ way we look into our hearts with honesty and we make thoughtful choices. Sometimes this means we need to say sorry to someone or do a kind act to make things right with a friend or someone in our family. When we have an honest heart, we are open to receiving God’s love.

Our Prayer Celebration for this week, led so beautifully by 3/4B, reminded us that we should love each other through action and not just word. Our symbol was a magnifying glass with a heart in the middle. This reminds us to look truthfully into our hearts and to act lovingly and graciously.

Family Challenge: What act of kindness can you do this week as a family to show Jesus’ love to someone in our community?

Notes and Reminders

• Thank-you 3/4B for the reverent way you led us in prayer this week.
• A reminder that family members are always welcome at our Monday Prayer Celebration and at our Friday module prayer. We love sharing this special time with you. Please remember that prayer starts at 9am. We encourage you to arrive on time to avoid any disruptions. Next week, 20th February, 2N will lead us in prayer.
• Thank-you to the families who came to Mass on the weekend to register for our sacramental program. We look forward to travelling this very important journey with you.
• Our Mini Vinnies group is gaining momentum and we are ready for action as soon as our Year 5/6 members return from camp. Watch this space for more exciting news!

May God bless you warmly this week,

Penny Vanzol (REC)

Reminders:

Swimming Carnival
Fri 24 Feb

Please return permission note and nomination forms ASAP
CANTEEN NEWS

This week, the Hospitality team is away on 5/6 Camp, so your patience in the Canteen line is really appreciated. If anyone is available to volunteer on Friday during service that would be great. Please feel free to contact me.

Just a reminder that next week, on Friday 24th February, is our school swimming carnival. The school canteen will be closed. This means that there will be no recess sales or lunch orders at all.

All students are required to bring to the carnival a packed recess, lunch and water bottle from home.

Congratulations to Graydon Read in 1R who was last week’s winner of the Healthier Choice Award.

Watch this space next week to find out if you are the winner in week 4.

Paula Papandrea
Canteen Manager
0402 366 755

Fete 2017

We will be holding our first Fete Meeting on Monday April 3 at 6pm in the meeting room. Yvette Croft has kindly offered to coordinate the fete again this year, what a champion! Being part of fete organisation is a great way to meet people and feel part of the school community. You are very welcome to come along and see how you would like to assist.

Looking forward to catching up!

GUITAR TUITION

Is your child interested in learning guitar? Guitar tuition is available here at St Thomas the Apostle Primary School. Please fill in the expression of interest form below and I will contact you as soon as possible in regards to lessons. You can email this information to denhanrahanmusic@gmail.com.

Den HANRAHAN
Guitar tutor

My son/daughter

______________________________
Parent name

______________________________
in class __________________

Parent contact number
Swimming Carnival

Permission forms for the carnival were due back last week. We are still looking for parent helpers on the day. If you are able to assist or are eager to be in the pool as a guide for students in the 25m races or if you can spare anytime during the day please email office.sttapkambah@cg.catholic.edu.au or rachel.kelly@cg.catholic.edu.au. We are looking forward to another great carnival!

Volunteers Needed for Swimming Carnival

AFL Gala Day (Yr 3/4)

Students from Yr 3/4 have the opportunity to play in a non-competitive, fun AFL Gala Day on Wednesday 8 March. Children who were interested have been given permission notes which are due back to school by Monday 27 February. We need volunteer parents to help manage the teams, so if you can help we would appreciate your assistance for the day.

Sporting Achievement

Congratulations to Alana Horsfall 3/4B who competed last weekend in the JTC Noel Murray Junior Championship Tennis Tournament. Alana won the final of the Division 2 Girls Singles. Well done Alana, a great achievement!

Go Swannies!
Rachel Kelly
Yr 5/6 Camp

Yr 1M Artwork - Magic Beach book by Alison Lester