

NEWSLETTER

No. 8 Date 24/06/13 Week 9 Term 2

Dear St Thomas Aquinas Families,

In the mid 1980s Carlo Petrini started the Slow Food Movement. Part of its aim was to reclaim and preserve the beauty and ancient traditions of cooking as well as the growing of good, clean and fairly grown produce.

Petrini was concerned with the growth of the fast food mentality and the relegation of eating to a function. The slow food movement was also about preserving the family meal not simply as a "product" but reclaiming the importance of the social and family act of sharing a meal. As we juggle our weekly family and work demands the notion of slow food is one that can be a challenge for many of us to manage but very much worth keeping in mind. The precious time we spend at meal times together as a family are a wonderful opportunity to talk with each other around the table.

Inspired by the slow food movement, author Carl Honore has coined the term "Slow Parenting". This term describes a philosophy which encourages children to grow and explore the world at a more measured pace. In essence what Honore talks about is that our children's formation is like a journey rather than a destination. It is the journey that provides opportunities in many forms for growth and wisdom.

Increasingly, research is suggesting that this journey of formation needs to incorporate the building of resilience. Recently a conference was held in Melbourne entitled *Happiness and Its Causes*. Among the delegates was Professor Carol Dweck, professor of psychology at Stanford University. Professor Dweck maintains that accepting setbacks and unpleasant emotions is the key to building resilience. She says, "Struggle should be something that's valued. If we focus only on happiness we're neglecting the richness of the full emotional spectrum and we are overlooking the fact that you couldn't make sense of happiness if you don't know sadness.

She goes on to urge parents to talk to their children not only about their successes but also about their struggles. Professor Dweck maintains that accepting setbacks and unpleasant emotions is the key to building resilience in children.

Just like the slow food movement, which encourages the full development of our sense of taste, this building of resilience takes time.

Until next time,

S Rosato

Sergio Rosato
Principal

Beanie and Scarf Day

Friday 28 June (Last day of Term 2)



What: Children can accessorise their uniforms with beanies, scarves, gloves and even leg warmers!

Donation: A canned food item (within expiry) to contribute to our 'Vinnie's Winter Appeal'. **Please bring these items in on the day.** If you feel the need to bring your donation in early, feel free to drop it into our St Vincent de Paul basket located in the foyer of the office.

Thank You for your support of the St Vincent de Paul Society Winter Appeal!

Winmalee Cup 2013

On Friday 21 June, a number of students from our school participated in this local community sports event. The Winmalee Cup involves many schools from the lower Blue Mountains competing in the sports of Soccer, Netball and Newcombe Ball. The students who represented STA in these teams have been practicing in preparation for this event for many weeks during recess and lunch. We are happy to report that for another year St Thomas Aquinas has retained the Winmalee Cup with 4 out of 6 teams winning their finals – a great result after all the hard work! We were also thankfully blessed with wonderful weather to help make the day a success.

Congratulations to the students for their effort and fair play on the day. The event provides a great opportunity for local school children to play together in a spirit of enjoyment and friendship. Thank you also to the many parents who supported the teams on the day and to the teachers, Kate Mackenzie, Coley White, Geraldine Lohan, Chris Chenoweth, Karen Bousfield and Ann Gippel for their dedication in selecting and coaching the teams.

Love one another



ST THOMAS AQUINAS
NEWS

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Father Paul Slyney

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FROM THE REC (Religious Education Coordinator)

Mini Vinnies Winter Knitting Appeal - Donations and Helpers Required

The students of STA who participate in our weekly Mini Vinnies group have begun the knitting of 25cm square panels in preparation for the production of quilts to donate to the Saint Vincent de Paul Society.

We are in need of skilled volunteers to assist with the knitting of our quilt on a Wednesday from 1:15pm to 2:05pm. If you have the time and skills to assist, please call the school office or drop into our office to inform us of your availability.

Donation Request - If families could donate a pre-knitted 25cm square, wool or Size 8 (4mm) needles to assist with our knitting appeal, that would be appreciated very much. Please bring these items to your class teacher, who will in-turn forward them on to our Mini Vinnies team. **Coley White**

FOR YOUR INFORMATION

School Fees Reminder

Dear Parents,

Two reminder letters for overdue school fees have now gone out for those families who have overdue fees. If a family opted for the Flexible Payment Plan or Salary Sacrifice at the beginning of the year they will only receive the statements for their information as their arrangement has been formally recognised.

Families who are paying instalments towards the fees but have not contacted the School to formally make an arrangement will still receive reminders when there are fees still overdue on the account. You may contact me on 4754 2554 or email me on dlawrence1@parra.catholic.edu.au to formally put an arrangement in place.

If a family is genuinely under financial stress a Statement of Financial Position form can be obtained by speaking to the Principal or myself. On receipt of this document, with accompanying supporting paperwork, the Principal can consider granting concessions on payment of fees.

Please do not hesitate to contact me if you have any questions regarding School Fees.

Deborah Lawrence
School Finance Secretary

Parent Representative Council (PRC) Presentation

During last Monday's School Assembly we were visited by Selina Calleia, President of the Diocesan Parent Representative Council. Selina's visit to STA was to present Isaac Wardle (5SW) with a special acknowledgement of his participation at the recently held Diocesan Parent Conference.

Isaac represented St Thomas Aquinas and was part of the conference's Opening Ceremony. We congratulate Isaac on being a great ambassador for our school and thank Selina Calleia for her generosity in personally presenting Isaac with this award.



Sacramental News - Confirmation

On the evening of Thursday 13 June, many of our students received the Sacrament of Confirmation. The Mass, concelebrated by the Rev Christopher de Souza, Episcopal Vicar for Education, and Fr Paul Slyney, Parish Priest, was a beautiful and moving occasion. During the Mass Fr Chris celebrated and honoured the special place of candidates, their sponsors and parents as participants in this sacrament.

Our congratulations to each student on their Confirmation and to their families and to the Parish for enabling this to take place. A special presentation to each child who received this sacrament took place at today's school assembly.

2013 Autumn Fair Thank You Afternoon Tea

On Thursday, 13 June, the school held this special event in thanks to all those who so generously helped at our Annual Autumn Fair, earlier this term. Our sincere thanks to our tireless stall coordinators:



Amusements	Tara Danks	Parking	Ingrid Rutkowski
BBQ	Malcome Moore and Adam Major	Plants	Andrew Hodgins
Books/DVD & 2nd Hand Toys	Bettina Synnott	Publicity & Program	Rachel Pagitz and Bec Ellem
Cakes/Jams & Pickles	Kirsty Szmytka and Nicole Carvasiglia	Slushies	Ingrid Rutkowski
Cake Comp	Jennie Payens and Lucy Ghata	Raffle	Kim Down, Holly Murphy & Sonya Leehy
Craft	Louise Samoluk		Gabby Collins
Choc Wheel	Debbie Breytenbach	Rides	Tracy Mulhall
Entertainment	Louise De La Harpe and Liz Moore	Showbags/Lolly Dips	Kelly Thompson
Face Painting	Michelle Vassallo	Devonshire Tea	Angela Murphy
Food & Drinks	Katrina Carter and Karleen Hutchings	Salad Bar	Kim Down
Hot Dogs	Dave & Karleen Hutchings	Coordinator	Sonya Leehy
Mothers' Day	Sarah Higginbotham	Coordinator	Holly Murphy
Noodles	Shizue Sato	Coordinator	

Thank you! We couldn't have done it without you!

ABOUT OUR SCHOOL

Student Awards

Congratulations to the following students, who received Merit Awards at last week's School Assembly. Well done on your efforts everyone - keep up the good work!



Sarah Arnold	Peter Ellis	Blake Mazurek	Jack Savage
Jackson Bagatella	Ellen Glasson	Finn McCaffery	Tyler Scanlon
Mackenzie Barglik	Jessica Gomez	Bella McSpadden	Mayah Shore
Makayla Boere	Amelia Gosling	Patrick Moore	Oscar Stone
Noah Brown	Jude Howe	Olivia Morrissey	Ethan Szmytka
Mackenzie Carey	Benjamin Huggard	Paige Noonan-Michels	Joshua Taylor
Matthew Cassidy	Nyah Hutchings	Annie Oliver	Lily-Rose Verpoorten
Grace Costigan	Jenna Jones	Gigi Orabello	Patrick Wakeling
Luke Crouch	Hayden Keogh	Orion Pick	Cameron Way
Evan Davey	Daniel Kime	Jessica Press	Samara Whitton
Oscar Dodd	Levi Kirkpatrick	Cameron Purcell	Claire Williamson
Wyatt Dunlop	Bridie Le Breton	Siobhan Rafter	Joshua Williamson
Frank Dyer	Scarlett Lia	Vienna Reynolds	Laurence Wynne-Jones
Drew Eade	Aiden Machon	Daniel Salisbury	Benedict Zierholz
Keith Eddy	Luke Major		



Italian Forum

Earlier this term the children in Year 4 completed a unit entitled 'La Mia Famiglia' (My Family) which concluded with the children writing a passage about their own families in Italian. Below is an extract of the passage written by one of our Year 4 children.

Nella mia famiglia c'è la mia mamma e mio padre. C'è mia sorella Maddison e mio fratello Jacob. Anche mia sorella Emma, mio fratello Luke, il mio cane Jemima, mio nonno e mia nonna.

In my family there is my mum and my father. There is my sister Maddison and my brother Jacob. Also my sister Emma, my brother Luke, my dog Jemima, my grandpa and my grandma. Alyssa Pospischil 4/3C

Jenni Wurf, Teacher of Italian

Camp Quality Puppets to Visit STA

Last Friday, our students were privileged to witness a performance by the Camp Quality Puppets. The life-sized puppets provided a powerful and entertaining way of educating our students of the need to be caring and supportive of children living with illnesses such as cancer. The show helped to dispel many concerns that children may have regarding such conditions as well as promoting empathy and anti-bullying behaviours. The take-home message stated and exemplified, "It's not cool to be cruel".

We thank the wonderful Camp Quality organisation for making this opportunity possible for our children. Thank you to Mrs Carolyn Edwards (KB teacher) for her work in coordinating the day for our school.



Drama Performance Years 5 & 6

This Wednesday, 26 June, the students in Years 5 & 6 will be showcasing performances of a picture book entitled *The Ghost of Miss Annabel Spoon*. The performances at 11.40am and 2.10pm are the culmination of their work this year thus far as part of our school drama project. This project has been facilitated by the Catholic Education Office initiative entitled *Captive*.

Each week students in these grades have worked with an actor to workshop storytelling and characterisation based on this piece of literature. We sincerely thank our resident actor, Lucinda Armour for her dedicated and passionate work with our students.

Parents are most welcome to attend these performances on Wednesday in our school hall.

Drama continued...

Also last Friday Kindergarten – Year 2 were able to participate in special drama sessions facilitated by James Costigan (Year 6 teacher) and Bernadette Sierra (Year 5 teacher). The drama sessions utilised strategies and activities modelled by our resident actor with Years 5 & 6.

Principal's Morning Tea for Effort in Learning

The final Principals Morning Tea for Term 2 will take place next Thursday 27 June. Two students from each class will be nominated by their teachers to attend. Invitations for this special acknowledgement will be sent home shortly.

2013 Sports Carnival – Tuesday 16 July

Our school Sports Carnival will be held on Tuesday 16 July, in **Week 1 of Term 3** at Tom Hunter Park, Springwood. By now all families should have received their child's permission note for the carnival. Attached to the permission note is a request for parent helpers. If you are able to assist on the day and have completed the Child Protection Training for Volunteers either this year or in 2012, please return the volunteer slip to the school as soon as possible. Thank you to those who have already responded. We ask that all permission notes be signed and returned to the school as soon as possible – no later than this Friday 28 June. Parents are also reminded that students who wish to purchase lunch from the BBQ on the day need to pre-order this no later than tomorrow, 25 June, using the pink order form (payment must be included with all orders). Thank you for your support and we look forward to a great day.

love one another

Lost Property

As we approach the end of the term we ask all parents to please check the lost property box for any items your child may have lost at the school over the past few weeks. Smaller items of jewellery and toys may also have been handed into the office during the term. Unfortunately lost items often have no name on them. We ask parents to please mark all your child's items – clothing, lunchboxes, drink bottles, hats etc – with your child's name.



DIARY DATES

2013 TERM 2 Week 9	Monday 24 June	12.30pm Assembly – 4B presenting 3.40pm Leadership Meeting
	25	9.05am Coffee & Chat Stage 2 Boys Soccer - Postponed Greg Alexander Shield Finals – Postponed 3.40pm Staff Meeting
	26	8.30am Staff Briefing Stage 2 Girls Soccer Gala Day – Postponed Drama Performances by Years 5 & 6 students
	27	8.30am Staff Prayer 11.05am Principal's Morning Tea – selected students Semester 1 Reports to Parents
	28	Beanie and Scarf Day Term 2 Concludes
TERM 3 Week 1	Monday 15 July	Term 3 Commences 12.30pm Assembly 3.40pm Leadership Meeting
	16	School Sports Carnival – Tom Hunter Park
	17	8.30am Staff Briefing
	18	
	19	

Upcoming Events:

Whole School Sports Carnival – Tuesday 16 July (Week 1 Term 3)

Family Learning Conferences – Monday 22 July & Wednesday 24 July (Week 2 Term 3)

COMMUNITY NEWS

School Holiday Netball Clinic: On **Thursday 11 July** Blue Mountains Netball Association, **Explorers Road, Lapstone**, will be holding this exciting clinic where participants will enjoy 3 hours of netball fun. Activities are age specific (catered to children aged 5-12years). Learn new skills, try new netball moves. Tailored to participant skill levels and is run by accredited coaches. Participants will receive a Netball NSW goodie bag with a Gilbert netball, Netball NSW drink bottle, certificate of participation and a sticker set! **Cost: \$40.** Bring healthy snacks, drink bottle, sunscreen and a hat. For more information and to register visit netballnsw.com or letsplaynetball.com or call 9951 5000 or email netballnsw@netballnsw.com

Mary MacKillop Place Museum – July School Holiday Program: The Mary MacKillop Place Museum, **7 Mount Street, North Sydney** will be running a school holiday program **from 8 – 12 July** for children aged 5 – 12 years from **10.30am to 12.30pm**. **Cost: \$8.00** per child per session (includes morning tea). To book contact the Museum Educator on 8912 4883 or email mackillop@sosj.org.au

Scorcher Holiday Basketball Clinic: **Springwood & Districts Basketball Association**, home of the Scorchers, will be conducting a basketball clinic for beginner to intermediate players over the school holidays at the stadium on **Monday 1, Tuesday 2 & Wednesday 3 July 2013 from 9.30am to 2.30pm**. The clinic is open to all primary school children and Year 7 children wanting to improve on their basketball skills and learn more about the game. Cost: \$60 for all 3 days which includes a certificate from S&DBA, prize giveaways, free lunch, drink & ice block on the last day. The clinic is designed to be enjoyable for newcomers as well as kids who have attended clinics in the past. For more information or to register phone 4739 8999. Venue: Blaxland High School Sports Centre located at 15 Coughlan Road, Blaxland. Visit the website: www.scorchers.com.au

Sent Home Recently:

- Chicken Pox Alert to Kinder, Year 2 & Year 3 (*red, orange*)
- Chess Competition Permission Notes – selected students
- Staff Leave Announcement to 3S (*pale pink*)
- Stage 2 Boys & Girls Gala Soccer Day Notes – selected students (*Nb. new note re new dates to come*)
- Winmalee Cup Permission Note – selected students
- Invitation to Year 5 & 6 Parents for Drama Performance (*mauve*)
- School Sports Carnival Permission Note (*multi-coloured blue, white & pink*)



Scan with your smartphone or tablet for more information.

www.staspringwood.catholic.edu.au

Wishing you all a safe and happy holiday!

love one another

