



## Upcoming Events

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### Market Monday

Date: Monday 16 September  
Time: 9:00am  
Venue: St Thomas School - Goodwood

### Year 3 Sleepover

Date: Thursday 19 September - Friday 20 September  
Time: 5:00pm  
Venue: St Thomas School - Goodwood

### Catholic Schools Music Festival

Date: Wednesday 25 September  
Venue: Adelaide Festival Centre - Adelaide SA

### Sports Day!

Date: Friday 27 September  
Time: 8:30am - 1:00pm  
Venue: Orphanage Park - Millswood

### Year 6 Canberra Trip

Date: Monday 14 October - Thursday 17 October  
Time: 4:00am  
Venue: St Thomas School - Goodwood

### Italian Day

Date: Friday 25 October  
Venue: St Thomas School - Goodwood

### Children's University

Date: Thursday 31 October  
Venue: Bonython Hall -

### Christmas Concert

Date: Wednesday 27 November  
Venue: St Thomas School - Goodwood

### Student Free Day

Date: Friday 13 December  
Venue: St Thomas School - Goodwood

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## From the Principal



It seems unreal that we are already nearly at the end of Term Three and I did a double-take this week when I saw Christmas decorations already on display at Big W! Sometimes we would just like life to slow down a little more. And if our life or lifestyle does not present this opportunity for us, I feel that we need to make it happen for ourselves. Pressing the 'pause button' is so important and taking the time to take stock, reflect and re-set. As a school, in our Visible Wellbeing program, we have been focusing on Attention and Awareness in this term's module. I share with you some of our staff learning around these very important concepts.

Attention is like a muscle -the more we practise it, the better and stronger it becomes. The notion of 'inattention blindness' is interesting and refers to our biases as determining what we give our attention to. The presence of 2 biases: The Selective attention bias which is in-built to ensure that our brains don't get overloaded. The negativity bias which is universal and in-built in all of us to alert us to threats and is a necessary tool for survival. So, our take-aways have been around 'being attentive to noticing, checking on our focus, being aware and mindful of this and the possible reasons behind this. We are aware that these biases compete in our brain preventing us from paying full attention. We are focusing on practices that can be helpful to counter-act these biases. The act of 'savouring' is highlighted as one practice. Think about what this concept might mean for you. Is your focus equal or more heavy on the negative rather than the positive? Is there a focus on what is not working or improving? Savouring is all about treasuring those small moments of goodness in our day, and lingering our attention for an extra couple of moments. For example, the feel of sunshine, smell of coffee and 'swishing' that experience around in your mind. That's when we get the wellbeing benefits of savouring. The more we practice, the better we get at it. So, what is available to you in your life that you could commit to savouring more? And how can you embed this practice into your daily life and get better at it.

Being a strength-based parent is an important and valuable approach stance. Through Visible Wellbeing we will have the opportunity next year to offer our parents access to a course called 'Strength-Based Parenting', based on the book 'The Strength Switch'. This enables parents to have more awareness and knowledge around helping their children to play to their strengths.

## **Safety Getting to School**

A reminder to our families that our supervised school hours are from 8.30am until 3.20pm. Our gate opens at 8.30am and we encourage students travelling independently to school to time their arrival for 8.30am to ensure safe entry into school at this time. We also encourage departure before 3.20pm to ensure that the pedestrian crossing on Angus Street is supervised with monitors and staff to assist safe passage across Angus Street.

I have been concerned again with student safety in riding bikes on Angus Street, through the crossing, and on the footpath, in regards to awareness of passing vehicles and pedestrians. If your child rides independently, please reiterate the importance of safety, attention and adhering to road rules. Every child's safety is of paramount importance and we want to ensure that our children are very safe travelling to and from school. On another matter, you will also receive a letter from myself regarding student safety in the community, with regards to independent travel to and from school in relation to unknown persons. You may have heard in the media recently about a few concerning incidents in local schools and we need to remain vigilant about child safeguarding and constantly reinforcing with children about their own protective behaviours and not engaging with unknown persons. I ask for your direct support with this in ensuring your child has strategies prepared for potentially challenging situations, if they are at the age of independently travelling to and from school. This of course is complimentary to our Keeping Safe Child Protection curriculum which is a part of every year level's program.

As I begin my planned Leave tomorrow, I wish you all a very smooth end to this term and thank you again for all your continued support of our important work here. I will miss the experience of the special upcoming events of Mercy Day, Sports Day, Year 3 Sleepover, Catholic Schools Music Festival and the other everyday mini-magical moments that we enjoy here. I extend my gratitude to Mr Paul Mensforth in his role of Acting Principal for this time, capably supported by Mrs Melissa Canil as Acting Deputy Principal. May your holidays be blessed with much love, joy, health and peace and I look forward to seeing you all upon return for Term 4.

Kind Regards,

Belinda Burford  
Principal



## From the Deputy Principal



### **Extreme Love...are we up for the challenge?**

School life is certainly a unique and wonderful space, which draws together the diverse expressions of family into one united community seeking for all to grow to become the best version of themselves. As a Catholic school, we acknowledge that every individual as part of this one united community, is a uniquely created 'human being,' imperfect, but wonderfully made with unique and amazing strengths.

Just think for a moment about this foundational belief... that we each are created for a purpose, imperfect, but wonderfully made with unique and amazing strengths.

This is the foundation of all that we are and all that we become as a community. And the more we come to deeply understand this foundational belief, the more powerful we are in the shared work we do in growing the young people in our care.

When we come to understand that each and every member of our community is created out of awesomeness and created out of the very love that created all things- and we come to fully acknowledge the imperfection of our human story, we allow ourselves to express unconditional love- the extreme love that goes beyond fulfilling our own needs, but holds the other in our shared brokenness.

We see this extreme love expressed every day! In the patience of parents, caregivers and grandparents; in the understanding between friends; in the restorative conversations and learning when mistakes are made; in the dedicated work of staff in supporting every child in our care.

To be a community of extreme love we need to foster...

### **Diversity**

We need to celebrate, respect and honour diverse cultures, traditions, perspectives and stories of all in our community. The greater the diversity, the greater the opportunities for learning. Last week our staff learned more deeply about themselves and the diverse personalities of others on our Staff Reflection Day focused on the Enneagram. It was an extremely successful day with much diversity to celebrate. Take a moment to celebrate diversity.

## **Inclusion**

We need to create opportunities and space for all to be welcomed and involved. We see this culture expressed through the way our community cares for the most vulnerable and in need, including those experiencing challenge through disability, poverty and trauma. This need can manifest in unique ways, which can sometimes be uncomfortable- but we are called to hold all people so they can grow to become the best version of themselves. Take a moment to celebrate inclusion.

## **A Culture of Non-Judgement**

We need to foster a culture of non-judgement. Holding judgement reminds us that we can never fully understand the journey of another. The increased incidence of social media in our lives can create significant challenges for us in maintaining our culture of non-judgement. Take a moment to reflect on the spaces which help you hold judgement and the spaces which can be toxic to our call to extreme love.

## **Forgiveness**

And lastly, we need to foster a culture of forgiveness. Jesus challenges us to be people of forgiveness and unconditional love. You can physically feel the difference forgiveness makes during our restorative conversations, when responsibility for mistakes is accepted and friendships are repaired. Take a moment to celebrate the power of forgiveness in our lives and reflect on a relationship in your own life which needs forgiveness.

Extreme love can sometimes be challenging. This is not the love we give to our loved ones or the love we give to those who show love to us. Extreme love is the love we give unconditionally. Extreme love is the love we give to people who may have hurt us or have different opinions. Extreme love is the love that changes the world. That is the most important message of Jesus and our Catholic faith. Grounded in this faith as a Catholic School, extreme love is who we are... are you up for the challenge?

Go gently,

**Paul Mensforth**

Deputy Principal





### All-School Liturgy - Mercy Day Celebration

Dear Parents, Caregivers, and Friends,

As part of our celebration of **Mercy Day** today, we remembered and honoured the life and achievements of **Catherine McAuley**, the founder of the Sisters of Mercy.

In conjunction with our liturgy, we organised a variety of **activities and stalls** to fundraise for two special Mercy organizations:

- **Catherine House**
- **Sister Janet's Adelaide Day Centre** (formerly known as Moore Street Day Centre for Homeless Persons).

So, why the name change? The story behind this began nearly many decades ago, with a vision of service that has since touched countless lives.

The vision of founding a community centre for isolated people in need of support and a place to belong first came to **Sister Janet Mead** and **Sister Anne Gregory** long before the doors of the day centre were officially opened on **September 16, 1985**. The centre quickly became a sanctuary, offering a nurturing and productive environment for the homeless and Indigenous people—work that continues to this day.

Homelessness can affect any one of us. As we witness weekly at the day centre, it only takes a small set of unfortunate circumstances for someone who never imagined being homeless to find themselves living on the street.

Sr Janet's lifelong mission was to welcome the homeless and the dispossessed, to find homes for them, to feed them, and to provide a place where they could feel the security of genuine love, compassionate understanding, and find meaningful work and a sense of purpose.

The **St Thomas School community** is honoured to support this vital mission, especially at a time when the need for shelter and community connection is greater than ever.

Also, **Sr Janet Mead** known as the Singing Nun. She has been nominated for a Grammy Award but lost out to Elvis Presley. Why? Just follow the link under and you will find out.

[Click to watch the Singing Nun](#)

## New Website

### Exciting News!

We have launched our new website and invite you to take a look! [www.stg.catholic.edu.au](http://www.stg.catholic.edu.au)

This newsletter is coming straight to you from this space and we will continue to update and add to both platforms regularly. We welcome your feedback!

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## Finance

**Term 3 Fee Payment due 23 August.**

**Term 4 Fee Payment due 15 November.**

**Canberra Camp – Final Payment Reminder.**

All fees to Canberra should now be finalised and families are reminded that payment in full is a condition for travel.

**Please ensure payments are up to date. To request an updated statement please email [accounts@stg.catholic.edu.au](mailto:accounts@stg.catholic.edu.au)**

If you are concerned with your capacity to meet regular fee payments, contact either myself or the Principal as a matter of priority to discuss payment options.

Jodi Jansons

Business Manager

[accounts@stg.catholic.edu.au](mailto:accounts@stg.catholic.edu.au)

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## Tournament of Minds



The Tournament of Minds teams competed successfully at the state competition held at Adelaide High school on Sunday 8th Sept. After six weeks of preparing, we had five teams perform beautifully on the day. Congratulations to our Language Literature team, Sid, Joseph, Lola, Lauren, Siena F, Chelsea and Anna who won and are now heading to the international finals in Sydney! Congratulations to our Arts team, Scarlett, Felicity, Sofia, Charlotte, Georgia and Chiara and Social Sciences team, Dalia, Caylee, Lulu, Grace B, and Naia who won honours! A huge achievement all round.

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**GIRLS' CLUB SPORT OPPORTUNITIES**

The summer sport season is just around the corner and there are some wonderful opportunities for girls to pursue sports they may not

have tried before.....

### **Cricket - Goodwood Cricket Club**

For nearly 100 years Goodwood Cricket Club ("GCC") has been providing a safe and welcoming environment for community sport. Located in the heart of our community, GCC plays a significant role in providing an outlet for participation in the sport of cricket for people of all ages and abilities. Like many Clubs, GCC has embraced the growth in girls and women's sport and have moved quickly to ensure they can offer programs that can support this growth and provide a sustainable pathway for girls who wish to play the game.

GCC would like to extend an invitation to the students to come to the Club and learn, try, and play cricket and participate in their accredited programs and access their qualified coaching team. From Term 4, GCC will be offering a range of opportunities including a University accredited training program called Daughters & Dads, along with their own accredited coaching resources, free playing uniforms and equipment to use, first class training and playing facilities and a safe modern and well managed club facility.

GCC will be having a "Welcome to Season" training session on Monday 30th September from 5-6.30pm. Please see attached for further information.

### **Baseball - Adelaide Angels**

WANTING Girls to play Baseball! No experience necessary.

Calling all girls aged 9-12 years. Be a part of our new junior girls development journey! New members welcome. Season starts on the 13th October. More information contact junior coordinator via email [junior.adelaideangels@gmail.com](mailto:junior.adelaideangels@gmail.com)

### **TERM 4 - EXTRA CURRICULAR SPORT**

Registrations for Term 4 Extra Curricular Sport are now open. The following sports are available:

Cricket - students in Years 2-6

Netball - students in Years 2-6

Basketball - students in Years 2-6

Mini Volleyball - students in Years 4-6

T-Ball - students in Reception & Year 1

Please register your child via Qkr! by Friday 20<sup>th</sup> September. Nominations after this date may not be accepted.

As always, parent support is required to run these sports. Please contact Megan Phillips for any additional information, including Volunteer clearance requirements, to [mphillips@stg.catholic.edu.au](mailto:mphillips@stg.catholic.edu.au).

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## Visible Wellbeing



VISIBLE WELLBEING™  
Professor Lea Waters PhD

*In our commitment to improving staff and student wellbeing across the school, this year our staff began the journey of Visible Wellbeing training. The Visible Wellbeing approach aims to provide both students and staff with a psychological toolkit that allows them to lead flourishing lives where they are able to feel and function at their best. We discussed the current state of mental health and stress for young people, and learned about using the illbeing-wellbeing spectrum to self-inquire about our current state of mental health, and explored ways that other schools support their communities to boost their wellbeing. As the year has progressed, we have engaged with specific training around a strengths approach, emotional regulation and attention/awareness. Our staff have engaged enthusiastically with the learning and the positive impact of its implementation is evident right across the school. We look forward to sharing more of this journey with you, as we continue our learning and engagement with Visible Wellbeing.*

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Please access the link below for the latest news from Camp Australia

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## Quiz Night



### Quiz night

Our Red Carpet Quiz Night was a great success! Huge thanks to P & F organisers Rosie King and Lauren Waters for their efforts. A great profit of \$6,186.50 was raised. What an amazing effort! These funds, together with Gala funds, will go towards a refurbishment of Preschool furniture and equipment for the children. Stay tuned for the new look Preschool!