



## Upcoming Events

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### Student Free Day

Date: Monday 28 April -  
Sunday 28 April

Venue: St Thomas School -  
Goodwood

### Term 2 Calendar

Date: Thursday 10 April -  
Wednesday 30 August

Venue: St Thomas School -  
Goodwood

### Year 5 Camp

Date: Monday 12 May -  
Tuesday 13 May

Time: 8:00am

Venue: St Thomas School -  
Goodwood

### Mother's Day Stall and Morning Tea

Date: Friday 9 May -  
Monday 30 November

Time: 9:00am

Venue: St Thomas School -  
Goodwood

### Catholic Education Week Open Morning

Date: Wednesday 14 May -  
Monday 30 November

Time: 9:00am

Venue: St Thomas School -  
Goodwood

### Student Free Day

Date: Tuesday 10 June -  
Friday 7 March

Venue: St Thomas School -  
Goodwood

## From the Principal



As this term draws to a close it has been wonderful to reflect back on the many wonderful events and achievements of Term One. Since our last newsletter, we enjoyed a most successful Gala, thanks to a huge combined effort within our community. A special mention to our Gala committee, with the generous leadership of Trish Jarvis, supported by Lauren Waters, Rosie King and staff members Sarah Burns and Paul Mensforth, together with our incredible Stall Holders. This was a truly wonderful community event, and the generosity of all our families, through sponsorship and attendance was fantastic!

This week we gather each morning for Holy Week prayer, coming together to learn more about the life of Jesus and his final days with his disciples. Then when we return next term, we will celebrate the Resurrection with a Mass to acknowledge the season of Easter. Through this we are reminded of the powerful messages of Hope and promise of new life that Easter brings. My hope for all in our community is that this season of Easter is one filled with joy, new beginnings, new moments of life lived to the full for each and everyone.

April is Autism Awareness Month, with World Autism Day having occurred on 2<sup>nd</sup> April. This day was sanctioned by the UN to recognise and celebrate the rights of people on the autism spectrum. With 290,000 Australians identifying as autistic, and 90% of those being young people aged 5-25, there is much to celebrate with each individual having unique qualities, and strengths. I have read recently a number of valuable communications around this and wanted also to bring it to your attention. Sue Larkey, author and specialist Autism educator, prefers the terms 'advocate, ally and understand' over 'awareness'. This month is all about celebrating and advocating for neurodiversity. Being aware is a great initial step, but embedding this awareness into further learning and action is the next logical step. We must have awareness in order to understand, be an ally and advocate. Sue's quote sums this up nicely, "Diversity is having a seat at the table, inclusion is having a voice, belonging is having that voice be heard." At St Thomas we believe that all children are unique, precious individuals, with limitless potential and our mission is to help them thrive. We hope that our inclusive school will prepare all our children to contribute to and participate in a society that is truly inclusive. In a letter to all students, our Executive Director of Catholic Education, Dr Neil McGoran writes,

*"Dear children and young people,*

*You are capable and competent people, learners and leaders. You are made in God's image and are deeply valued for who you are – in and for the world God desires.*

*You have capabilities that you can use to help you live, learn and lead. Recognising and developing your capabilities enables you to be comfortable and confident in who you are, and ready to make a difference in our world."*

These words are true for all at St Thomas. It is our mission to nurture and care for all our students, to be aware, understand, advocate and be allies for neurodiversity. I encourage everyone to take that next step towards furthering our own understanding and experience of neurodiversity, for the benefit of all and enrichment of our own lives.

As we round off this term, I thank all our students, staff and families for a most wonderful term of learning and partnership. As we look forwards to next term, I take this opportunity to welcome back Mrs Natalie Catinari from her Leave, and thank Mrs Low for her care of Year 2CS. I extend best wishes to Mr Sebestyen Maglai for his Leave during Term 2, and Mr Mark Nelson and Mrs Laura Donnellan who will be away for parts of next term. We welcome Mrs Karen Lintern who will provide continuous care for these classes during this time.

As for a Canteen update, this holidays will see a refurbishment of our Canteen facilities, which is very exciting. As you know, Rory's service concludes with us and we will be moving to an internally run canteen service. These plans are well under way, but please be aware that we will not have a regular canteen service for at least the first half of Term 2. We are putting in place an alternative, special order for 2 days per week in the interim. More details will be available on QKR as soon as this is set up.

A reminder that all active volunteers at St Thomas need to be registered with all documentation current and processed. There will be more Volunteer Induction sessions offered in Term Two. Please look out for these on the Term Two calendar and be sure to attend if you are still needing to complete an induction.

I wish all our families a safe, relaxing and enjoyable holiday and look forward to seeing you all back with us at the start of Term Two.

Belinda Burford

Principal



## From the Deputy Principal



### **EVERYONE BELONGS**

'EVERYONE BELONGS... this was the powerful message we celebrated last week as a school, as we acknowledged National Harmony Day. The school was a sea of orange with the addition of a variety of cultural dress and colours. Students participated in wonderful activities, celebrating our cultural diversity. We thank Liz Calahan, Leanne Michalik and Alissa Baker for their support of the day's activities and special lunch. We also saw generous donations from families to our Project Compassion appeal on this day with our annual Water Challenge, which will contribute greatly to our Lenten goal to care for those most in need. But, it was the classroom learning and rich conversations across the school that really celebrated the message that 'EVERYONE BELONGS!'

There were stories shared, family histories explored and beautiful artworks created- all of which reminded each of us that our individual story is important; and so too is our shared story in this community.

Our community draws together families from every continent (except Antarctica!) and we are so proud of this rich cultural heritage. We will continue to celebrate our diversity and interconnectedness!

### **BEHAVIOUR EDUCATION- THE FIVE POINT SCALE**

Our behaviour education is based on the belief that we are ALL made in the image of God- and therefore, every person you will ever meet has infinite worth... and so do you! At St Thomas, we strive to work together to create and maintain a safe environment where everyone is reminded that they belong and matter absolutely. But no one is perfect and sometimes we make mistakes- so it is important that we take the time to restore and repair our connections with others- and reflect on what we can do better. This is the core of our culture of forgiveness.

Our business is the education of these precious children, and like all children- mistakes will happen. Our role as educators, in partnership, is to ensure that when mistakes do happen, they become rich learning opportunities to help each of our children grow and thrive.

An important aspect of our behaviour education at St Thomas, supported by our Visible Wellbeing framework, is the acknowledgement of our emotional state when making decisions. We feel before we think, which means, more often than not, our actions are driven by the emotion we are feeling at the time. Our emotional state, and more importantly our ability to control this, is key to making good choices in any situation.

Can you recall the footage of the very ordinary situation between Will Smith and Chris Rock at the 2022 Oscars, which included Will storming onto the stage and punching Chris across the face. This situation echoes the need, even as adults, to acknowledge our emotional state before acting in the world. Sometimes, in our modern day lives, these acts of emotionally charged aggression can be delivered in the form of emails and comments into inboxes and social media platforms. The management of our emotional state is part of our daily human struggle. Some days it is easy and some days more challenging.

One excellent teaching tool to explore this is the 'Incredible 5 Point Scale.' This scale offers a rating for how we are feeling, from a Number 1 (calm and happy); to a Number 5 (angry and out of control.) When we start to use this scale, we can better read our emotional state and consider strategies to help us move down the scale, especially in times of high stress.

When we are at a Number 5, we can lose control and say and do things which we will regret. At this level, when we are not in control, we can do great damage to our relationships and to those around us. So what is most important is what we do when we are at a Number 4 on the scale and what we do to ensure we don't 'cross the line' into Number 5. As inappropriate as the joke was, perhaps Will Smith needed to use some calming strategies so he didn't move to a Number 5, lose his control and publicly act in a way that he soon regretted. Perhaps we can all reflect on a time when we too have let ourselves move into a Number 5 and said, did or wrote something which caused harm.

What a great conversation to continue with our learners! I have included a copy of our current 5 Point Scale for your information. It is also possible to create a personalised version with children which reminds them of their preferred calming strategies. "It looks like you are at a 4. Like your chart says, I think it's time to go for a walk or jump on the trampoline?"

[The 5 Point Scale Poster.pdf](#)

Go gently,

**Paul Mensforth**

Deputy Principal



From the REC



**Dear Students and Families,**

On behalf of Caritas Australia, I would like to extend our heartfelt thanks to all the students who participated in our Project Compassion



initiative—whether by returning their donation boxes, submitting Water Challenge slips, or making contributions through the QR code.

Your generosity and compassion have made a meaningful difference in the lives of those who need it most, and we are truly grateful for your support.

If you still have charity money at home, you are welcome to return it at any time during Term Two. Every contribution—no matter how big or small—helps us continue our vital work in supporting vulnerable communities around the world.

Thank you once again for your kindness and commitment to creating positive change.

As many of you know, I will be taking long service leave in Term Two to visit my, and my wife's remaining family in Hungary.

I deeply appreciate all the support and contributions you've offered throughout the term—through liturgies, Masses, fundraising events, the Sacrament Program, and especially the Holy Week liturgies.

I look forward to reconnecting with you all in Term Three.

Warm regards,

Sebestyen Maglai

REC

## Term 1 Ecology Update



Hi Everyone and welcome to your ecology update for Term 1,

We congratulate this year's Ecology Leaders on their election and look forward to working with them to improve our sustainability and care for the environment during the year.

We are pleased to announce our Ecology Leaders for 2025 and will present all badges during our first assembly of Term 2:

Rec Graeber: McKenna, Benjamin, Lila & Frank

Rec Anthony: Aoife, Raphael, Sadie & Jack

1 Ellerby: Frankie, Ted, Charlotte & Yayin

1 Remkes: Quinn, Ryan, Tom & Lulu

2 Adair / Sinclair: Macey & Lucas

2 Catinari / Low / Sinclair: Nikita, Bear, Marina & Malachi

3/4 Munro: James, Ellis, Darcey & Ava

3/4 McLeod: Evelyn, Lewis, Bobbi & Lincoln

3/4 Mezzino: Max, Lucas S, Tommy & Katie

Year 5 Senior Ecology Leaders: Maisey W, Ben, Xavier, Seb M, Harvey S, Grace B, Violet

During Term 1 our Ecology leaders have already been busy in the garden and are about to embark on a waste-reduction campaign throughout the school.

### **Gardening Projects**

We began the year re-planting the Angus St entrance for the school with a huge thanks to Anthony Mazzone and the team at Amazon Plant Growers who donated all of the plants for our project. The ecology leaders worked hard to improve this space in the school in the lead up to gala, worked together as a team and learnt about plants and irrigation installation in the process.

Thanks to the generosity of Bunnings, Mile End, we have also been able to replant our vegetable gardens for the year and we look forward to caring for these plants during the season and using them in our cooking here at school where we can.

### **Waste Management**

During 2025, as a school we would like to further reduce our waste to landfill. As a school we are on a constant journey of learning about choosing the right bin. Changes to the canteen will allow us to have more control over this as we push for more sustainable packaging, but the biggest impact starts with our families in the supermarket.

Please remember to think sustainably when buying snacks and lunches for school as 'fresh is best' and individually packaged items are something we should be trying to avoid. We also encourage 'nude food' in the school and will run promotions and competitions during the year to ensure we are aware of the impact of single use plastics on the environment and how to minimise waste by making good choices at the checkout.

Thanks for your time and we look forward to your partnership in this space during the year,

**Nick Mezzino and the Ecology Leaders**

[View this article online to read more](#)





Please access the link below for the latest news from Camp Australia for the upcoming school holidays

[View this article online to read more](#)

## Oliphant Science Awards



### Oliphant Science Awards – Get Involved!

We're excited to invite our students to take part in the **2025 South Australian Oliphant Science Awards**! This is a fantastic opportunity for curious minds to explore science in fun and creative ways.

**Registrations are due to the school office by May 11th. Entries are due later in the year.**

All information, including project categories, due dates, examples and the registration form are available on the [Oliphant Awards website](#).

The cost to enter is **\$11 per entry**, payable via the **school app**. ( Students need to register separately. Payment is not registering)

Please note: **Parents will be responsible for dropping off and collecting projects at the event venue.**

We can't wait to see our students' amazing scientific creations!

Chris Rampazis

[View this article online to read more](#)

## Daily Reading - the secret to success!

So, we all want our children to be successful, to be achieving their potential and going above and beyond in their learning. There are many ways we can support and encourage our children on this journey. This week, I wanted to write about one of the most powerful things parents can do which can boost learning across all curriculum areas- and that is **READING! A DAILY DOSE OF READING!** This is one of the cheapest and most effective ways to support children's learning.

As parents, it is essential that we take the time to read to our children EVERYDAY. This could be the bedtime story shared or the book shared on the couch after school. Whatever or wherever it happens, this time of modelled reading is essential in developing strong literacy skills and a joy for reading. Children learn how a book works, the direction of page turning, the importance of illustrations, the power of repetition and rhyme and the life lessons from how the characters make decisions.

As parents, it is also essential that we take the time to listen to our children read EVERYDAY. This could be readers supplied by their class teacher or books borrowed from the library. Whatever or wherever it happens, this daily reading practise is essential in developing literacy skills. Once students know how to read, continuing this daily practice of reading aloud then develops greater fluency and expression. So yes- even our Year 6 students need this daily practise!

Reading to and listening to children read significantly increases their exposure to new words and builds their vocabulary. If we can increase the amount of WORDS that children are exposed to and need to navigate, we increase their skills and knowledge of language. Take Child A vs Child B...

**Child A is read to or reads for 1 minute every day.** Let's say they experience 50 words per minute.

Over 1 week, they will engage with 350 words. In a term, they will engage with 3,500 words and across a year they will engage with 18,200 words! From Preschool to Year 6, Child A will engage with only **145,600 words during this home reading time!**

**What if this time is increased...**

**Child B is read to or reads for 20 minutes every day.** Let's say they experience 50 words per minute.

Over 1 week, they will engage with 7000 words. In a term, they will engage with 70,000 words and across a year they will engage with 364,000 words! From Preschool to Year 6, Child B will engage with **2,912,000 words!**

The cumulative effect of engaging with an increased number of WORDS while reading at home plays a significant role in developing literacy skills and building vocabulary.

**Now imagine Child C, who never has the experience of reading at home.** Imagine the short fall they experience across Preschool to Year 6; that is 3 million less words!

As parents, we need to decide what we want for our children. Will we offer the daily reading diet of Child A, Child B or Child C? What we offer is our decision and can't be the responsibility of our children. And the decision we make now will impact on their future success in learning!

So in light of the cumulative effect of daily reading, **let's take on the 20 minute daily reading challenge!** We want to see all our St Thomas Learners experience the benefits of 20 minutes of reading EVERYDAY! Both being read to and being listened to!

And follow this link for strategies to support your child's reading development at home, especially in the Early Years....

<https://www.youtube.com/watch?v=korfvEOQb14>

### Holiday Reading Competition

To encourage our learners to read every day, we are holding a Holiday Reading Competition!

Students are encouraged to fill in the 'raffle ticket' for every day they read in the holidays. These tickets go in the raffle draw for great prizes!

See the information sent home with students or on Audiri.



Let's continue to grow strong, capable readers at St Thomas School and Preschool!

Kind regards,

**Laura Donnellan**

Leader of Learning

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## State Swimming



### Congratulations - State Swimming Championships

Congratulations to Jesse, Cooper & Chelsea who competed in the Adelaide South East District Swimming Carnival and achieved fabulous results. All 3 St Thomas students qualified to compete at the State Swimming Championships to be held in April.

Jesse competed in the U11 category and received 1st place in the 50m freestyle, 50m breaststroke and 50m butterfly; 2nd in the 50m backstroke and 3rd in the Open 100m freestyle. Chelsea came 2nd in the U11 50m breaststroke and Cooper came 3rd in the U10 50m freestyle.

Well done Jesse, Chelsea and Cooper and on behalf of the St Thomas community we wish you all the best in the State Champs!

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Our Yr 4, 5 & 6 cricketers had an interrupted but fun cricket season. Thanks to Matt Gale, Kyle Kucharski and Claudia Pace for coaching and organising the team each week. Our cricketers displayed great sportsmanship and cricket skills for every game they managed to play!

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# FEE INFORMATION

## Finance

**Reminder - Term 1 School Fees are now overdue. Prompt payment is appreciated.**

If you are paying by instalments note payment dates:-

Due dates are Friday Week 5 each term.

- Term 1 due 1<sup>st</sup> March
- Term 2 due 30<sup>th</sup> May
- Term 3 due 22<sup>nd</sup> August
- Term 4 due 14<sup>th</sup> November

For all account queries or copies of fee statements contact Jodi Jansons- Business Manager

Email [accounts@stg.catholic.edu.au](mailto:accounts@stg.catholic.edu.au) Ph: 8177 8112.

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The Workshop



# We Are Open This Friday!

8:30AM - 9:30AM

GREAT COFFEE, FRUIT SMOOTHIES,  
TOASTIES & PRE-LOVED UNIFORMS







**CABRA**  
Dominican College

**DO YOU HAVE A CHILD  
CURRENTLY IN YEAR 4?**

**We are now accepting  
enrolment applications  
for Year 7, 2028**

Applications close Friday 19 September 2025

[cabra.catholic.edu.au](http://cabra.catholic.edu.au)



Enrolment applications will close at the end of **Term 3, Friday 19 September 2025**.

Principal's tours are held at the college each term, we encourage families who may be considering Cabra Dominican College, to join us on a college tour. More information including tour dates and the registration link can be found [HERE](#)

If I can be of assistance with any questions, please feel most welcome to contact me at

e: [registrar@cabra.catholic.edu.au](mailto:registrar@cabra.catholic.edu.au) or phone: 8179 2429.