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ST THOMAS AQUINAS  
 COLLEGE

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## COLLEGE CHRONICLE

Tuesday 10th May 2022

### Word from the Principal

Dear Staff, Parents and Friends of the College,

Parents who spend a lot of time on their devices, phones or watching television during family activities such as meals, playtime, and bedtime are likely to create long-term relationships barriers with their children. This is not my own assumption; it is common sense talk backed by researchers like Brandon T. McDaniel of Illinois State University and Jenny S. Radesky of the University of Michigan Medical School. This millennial form of parenting is so common that it is now referred to as 'technoference'. The ignoring of children when parents should not be ignoring their needs can lead their children to show more frustration, hyperactivity, whining, sulking or tantrums. (Daniel, B.T., Radesky, J.S. Technoference: longitudinal associations between parent technology use, parenting stress, and child behaviour problems. *Pediatr Res* 84, 210–218 (2018).

The same research shows that parents are letting technology interfere with primal duties like looking after their children. If parents are connecting with their internet devices more than they are connecting with their children, is it any wonder their children suffer? A good 'technoference' litmus test for parent is to record how much screen time they spend each week outside of work hours as compared to how much time they spend with their children (and I don't mean in front of the TV or Xbox!). Another way to look at it is to measure how much screen time parents will allow of their children as opposed to family time together. Children are social beings too and like all social beings they need time to connect daily with their parents. These times of connection should include, the first 30 minutes after school, homework time (when they need supervision and help), meal time, family prayer time and the last 10 minutes of the evening before the children go to sleep. This last ten minutes is perhaps the most important. This is where night prayers can be said or at least a reminder to say then given, a paternal blessing can be imparted and for the younger ones a good night story read. For the older ones, it's the perfect moment to check they have no devices in their bedroom and that all devices are safely in the care of the parents, not left lying around the kitchen table for a son or daughter to retrieve them during the night after mum or dad go to bed.

Here are three tips for parents from a child and family psychologist Michael Hawton to help them turn off their devices (tv, phone, computer) and interact more freely with their children:

1. *Your phone is a resource – and just that. We have a saying in our teenage parenting course; the internet is an invited guest –*

*not an assumed resident! This basically means that you should control your technology, having it in or out of your life, at your discretion.*

2. *It is about priorities and all those tiny day-to-day interactions that go into forming a healthy relationship with your teenager. If we're letting our need for devices have ascendancy over relationships, this is not in their best interest.*

3. *How do you want your teenager to remember you? Is it as a rude, cranky person who was always on their phone? Or as a warm and available person and one of life's first teachers?*

*On the flip side, parents also need to use devices when their kids are home, mainly for work, but also for play and relaxation. How can parents set some boundaries for their children to also respect this need and still know they are loved? I think parents have the right to not be interrupted. An example may they're working or doing something important, a way to get the kids into the habit of not interrupting you, you may tell them that unless it's some kind of emergency they should not interrupt you for a few hours. At a practical level, it's about preparation and it's about set-up.*

*The same goes with spending time with your teenagers. You could timetable periods to be with your kids, when they're NOT to be on their devices. Remember, the phone is a resource you can choose to use or not use. With calmer, happier children as a result of that choice, it makes sense to choose wisely.*

Incidentally, Michael Hawton is founder of Parentshop, providing education and resources for parents and industry professionals working with children. He has authored two books on child behaviour management: *Talk Less Listen More* and *Engaging Adolescents*. You can find more information, including his books and self-paced online parenting courses at <https://www.parentshop.com.au/parent-courses/>

Father Andrew Cranshaw - Principal



### Parent Teacher Interviews

Wednesday 11th May 2022 - TOMORROW

3:30pm to 7pm

Bookings can be made via our Parent Lounge at the following link:

<https://tassweb.stac.vic.edu.au/parentlounge/index.cfm?do=parentportal.home#21>

Please call or email the office if you have any questions.

### VIRTUE THIS WEEK

## CIRCUMSPECTION

Circumspection: Careful consideration of circumstances and consequences

### COLLECT - THIRD SUNDAY AFTER EASTER

O God, who to those that go astray dost show the light of Thy truth, that they may return to the path of justice: grant that all who are enrolled in the Christian faith, may not reject all that is hostile to that name, and follow after what is fitting to it. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever. Amen.



Instaurare omnia in Christo  
 To restore all things in Christ

## From the Deputy Principal

Dear Parents,

I hope that all Mothers within our College community experienced a wonderful Mothers day on Sunday. Mothers hold a very special place in our hearts. May is the month of Mary, the mother of Jesus. Mary's humility, faith and devotion to the message of God has made her an exemplar. These traits are evident in our own mothers. They are our lighthouse of care and compassion and for that we are grateful.

This term, we see a number of important assessments taking place. This includes NAPLAN which commenced today with our Year 3 and 5 students and tomorrow for our Year 7 and 9 students. Our Secondary School Examination phase is also scheduled for June and commences for our VCE students on Monday 6th and Years 7 - 10 on Wednesday 8th. I encourage everyone to remain focused on their academic endeavours, connect with your teachers and peers, and continue to work diligently along a positive learning trajectory.

As parents and carers, ensuring that we provide students with support that is structured towards cultivating positive outcomes is an important part of helping them deal with the fluctuating level of anxiety all students feel during an assessment phase. Performance is often sabotaged by the fear of failure or focusing on the result, causing unnecessary expectations that both the student, teacher and parent can't control. Supporting students to understand and accept that there are things that they cannot control and ensuring that they focus on the things they can, in order to be the best version of us, enables us to think with clarity, calmness and composure. This will support students' ability to strategise, communicate and stay grounded in the moment, during stressful situations.

I am looking forward to joining the secondary students on their respective camps in the coming weeks. These camps are a wonderful opportunity to build on each child's sense of connectedness and belonging to the College and their peers. This form of experiential learning is extremely valuable and the staff have been preparing a range of experiences that will help support the holistic development of each child and allow them to expand their comfort zone.

Congratulations to all the students that have been participating in the College extra-curricular program. We have experienced terrific results in the Primary School Athletics and Volleyball competitions thus far. In particular, our Year 7 Boys Volleyball Team has qualified for the State Finals. A wonderful achievement. There has also been great discussion amongst the Secondary School students about the upcoming series of debates that will take place at lunchtimes in the library. There is no doubt that these will be extremely entertaining and also provide another opportunity for students to showcase their talents.

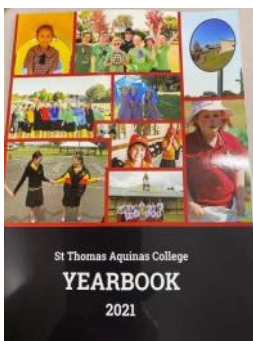
As we have already experienced this term, the weather is changing and we are aware of what this brings about. In the media, reports are saying that our Flu season will be heightened this winter, so it is important that we remain vigilant with our health. Please ensure that you do not come to school if you are unwell and report any positive COVID results to the College. It would be greatly appreciated if all families could review each child's medical details and emergency contacts to ensure they are up to date.

Finally, the School holidays are a fantastic opportunity for the students to stay up a little later and sleep in. This can modify our sleep patterns and returning to a good routine can be difficult. No doubt that in this early phase of term 2, the alarm ringing of a morning can be a shock to us all and may take us a week or two to adjust. Good sleep patterns are necessary for positive mental health.

Headspace provides a range of information that supports positive mental health. Provided, is a link to a fact sheet on the importance of sleep. <https://headspace.org.au/assets/download-cards/18e-Sleep-headspace-fact-sheet-WEB.pdf>

If your child is experiencing any challenges that may impact on his or her learning, please don't hesitate to get in touch with the College.

Kieran O'Dwyer - Deputy Principal



## 2021 YEARBOOK ON SALE NOW

The Yearbook can be purchased from the College Office.

Cost is \$20 per book.

Payment can be made by cash or credit card.

## THE SCHOOL DENTAL INITIATIVE

The Dental Health Van will visit the school next term in the week commencing 1st August 2022.

Forms were handed out to students last week and any parents wanting their children to take part in the initiative will need to hand in their forms to the school office before the 23rd May 2022.

<b>Secondary Girls</b>	<b>Secondary Boys</b>	<b>Primary</b>
<b>PRUDENCE</b> Genevieve McLean, Judy Abraham, Keva Perez-Melei, Zuri Perez Melei, Emily Houston, Emily Morgan, Lucy Armstrong, Aleisha Higgins, Marina Malty, Lauren Elliott, Madeleine Hovens, Alana Houston, Josephine Nivet, Isabelle Higgins, Isabelle Lewis, Jessica Phillips, Anna Hardiman, Joanna Verleg, Rebecca Fitzpatrick, Christiane Ryan, Anne Ockerse	<b>PRUDENCE</b> Santino Tommasi, Dorian Hicks, Thomas Ward, Hugo Ward, Chara Wangkaew, Marcel Upston, Orlando de Castella, Louis Ward, William Fahey, Anthony Tadros, Laurence Ockerse, Braydan Rayner, Sebastian Fahey, John Higgins, Xavier Taveira, Charles Upston, Andre Elliott, Daniel Freriks, Julian Hovens, Ethan Ward, Immanuel Saldanha, Simon Taveira, Joachim Hayward	<b>PRUDENCE</b> Mark Falts, Rachael Morgan, Majella Verleg, Laura Nagaraj, Christopher Freriks, Leo McLean, Marius Zaccari, Suzannah McLean, Jemma Salib
<b>Respect</b> Judy Abraham, Emily Houston, Emily Morgan, Lucy Armstrong, Aleisha Higgins, Lauren Elliott, Isabelle Higgins, Joanna Verleg	<b>Respect</b> Mark Obrador, Santino Tommasi, Sebastian Hayward, Ignatius Attard, Anthony Freriks, William Stevenage, Charles Upston	<b>Diligence</b> Harriet Gomez
<b>Perseverance</b> Judy Abraham, Emily Houston, Lucy Armstrong, Aleisha Higgins	<b>Perseverance</b>	<b>Perseverance</b> Holly Wesa, Rebecca Higgins, Sophia MacDonald, Gemma Pullen, Gus Alexander
<b>Responsibility</b> Emily Houston	<b>Responsibility</b> Mark Obrador, Santino Tommasi, Hugo Ward	<b>Responsibility</b> Thea Attard, Hunter MacDonell, Joshua Morgan
<b>Leadership</b>	<b>Leadership</b>	<b>Leadership</b>
<b>Initiative</b>	<b>Initiative</b>	<b>Initiative</b> Hunter MacDonell

**Note from the Second Hand Uniform Shop**

There is a large selection of white dresses Communion Day, Confirmations and Processions. Boys Suits - Size 7 & 8 available. There is a small fee to hire or some can be purchased.  
Blazer Re-Braiding Service available: any size for \$60. Cuff edge braiding \$15.  
Contact Michelle Verleg on 0468 438 404.

**NETBALL**

If any secondary girls aged 16 or under this year are interested in playing netball at Drouin on Saturday mornings would you please contact either Mrs Amanda Elliott 0408 506 940 or Mrs Sue Ryan 0488 666 338 ASAP

**YEAR 12 Footy Tipping LEADERBOARD**

- 53. Raphael Hayward
- 51. Miss Hogan, Will Stevenage
- 50. Majella Smythe
- 49. Alex Stevenage, Aaron Braaksma, Will McLean
- 47. Mr Wilkinson
- 46. Jake Hanney, Jake Smit, Mr V van Strijp, Raymond Borgonovo
- 45. Joseph Hardiman, Patrick Hardiman
- 44. Mr Velnoweth, Miss McKenzie, Miss Bell
- 43. Bailey MacDonell
- 42. Miss Wood, Ollie Pravidur, Annette MacDonald
- 40. Mitchell MacDonald
- 38. Zoran Pravidur
- 37. Miss Morris, Gen McLean
- 36. Miss Murray, Mrs Ross, Miss McNamara



# Congratulations



The St Aloysius Gonzaga Award presented to Orlando de Castella for Term 1, 2022



The St Therese of the Child Jesus Award presented to Zuri Perez-Melei for Term 1, 2022

These awards are presented to Secondary Students each term and recognise an exemplary display of virtues, respect, kindness, responsibility, leadership and initiative.

Congratulations to both Orlando and Zuri.



## CROSS COUNTRY EVENT

**WEDNESDAY 11TH MAY**

Starts at 12:30pm

with the

**HOUSE MARCH**

Parents, you are encouraged to come along and support your children as they complete this event around the College grounds.

We look forward to seeing you here.

# Mother's Day Morning Tea



Thank you to all who attended and everyone who made it possible.



# St Antoninus

10th May - Archbishop of Florence (1389 - 1459)

Saint Antoninus, or Little Antony, as he was called from his small stature, was born at Florence in 1389. After a childhood of singular holiness, he begged to be admitted very young into the Dominican house at Fiesole; but the Superior, to test his sincerity and perseverance, told him he must first learn by heart the book of the Decretals, or Canon Law, containing several hundred pages. This apparently impossible task was accomplished within twelve months; and Antoninus received the coveted habit in his sixteenth year.



One day, being sent by the Florentines to the Pope, as he approached Rome a beggar came up to him almost naked, and asked him for an alms for Christ's sake. Outdoing Saint Martin, Antoninus gave him his whole cloak. When he entered the city, another one was given him; by whom, he knew not. His household consisted of only six persons; his palace contained no plate or costly furniture, and was often nearly destitute of the necessities of life. His one mule was frequently sold for the relief of the poor, but was ordinarily bought back for him again by some wealthy citizen.

While still young, he filled several important posts of his Order and was consulted on questions of difficulty by the most learned men of his day, being known because of his wonderful prudence, as "the Counselor." He wrote several works on theology and history and served as Papal Theologian at the Council of Florence. In 1446 he was compelled to accept the archbishopric of that city. In this dignity he earned for himself the title of "the Father of the Poor," for all he had was at their disposal. Saint Antoninus never refused an alms which was asked in the name of God. When he had no money, he gave his clothes, shoes, or furniture.

Saint Antoninus died on May 2, 1459, kissing the crucifix, and repeating the words, "To serve God is to reign."

**Reflection.** "Alms-deeds include every kind of service rendered to our neighbor in need. He who supports a lame man bestows an alms on him with his feet; he who guides a blind man does him a charity with his eyes; he who carries an invalid or an old man upon his shoulders imparts to him an alms from his strength. Hence none are so poor but they may bestow an alms on the wealthiest man in the world." (St. Augustine)

## 2022 CALENDAR

MON	TUES	WED	THURS	FRI
<b>9 May</b>	<b>10 May</b> Yr 10-12B Debate Mannix vs MacKillop	<b>11 May</b> <b>COLLEGE CROSS COUNTRY</b> <b>3:30pm PARENT / TEACHER INTERVIEWS</b>	<b>12 May</b> Yr 10-12B Debate Kolbe vs Bosco	<b>13 May</b>
<b>16 May</b> Interhouse debating Comp. (16-27 May)	<b>17 May</b> 12:55pm Debating Yr 10-12G MacKillop vs Bosco	<b>18 May</b> <b>SCHOOL PHOTOS</b>	<b>19 May</b> 12:55pm Debating Yr 10-12G Kolbe vs Mannix	<b>20 May</b>
<b>23 May</b> HOUSE CAMPS SECONDARY STUDENTS	<b>24 May</b> HOUSE CAMPS SECONDARY STUDENTS	<b>25 May</b> HOUSE CAMPS SECONDARY STUDENTS	<b>26 May</b> <b>ASCENSION THURSDAY HOLIDAY</b>	<b>27 May</b>
<b>30 May</b>	<b>31 May</b> 12:55pm Debating Yr 7-9B Mannix vs MacKillop	<b>1 June</b>	<b>2 June</b> 12:55pm Debating Yr 7-9B Kolbe vs Bosco	<b>3 June</b>

### OFFICE HOURS

8:15am - 3:30pm

### TERM DATES

2nd Term: Tuesday 3rd May - Friday 24th June  
3rd Term: Tuesday 19th July - Friday 16th September