Welcome to the 2017 school year

Thank you for the warm welcome I have received to Larmenier. I have come to you from a small rural school in Cygnet, St James Catholic College. As Acting Principal it is my role to continue the fabulous work and programs that are integral to Larmenier. I also hope I am able to share some of my experience with the community.

The community of Larmenier extends a warm welcome to new children and families. It is certainly a supportive community and I’m sure your children enjoy the range of experiences offered at Larmenier.

We are looking forward to working with you to support our children in all areas of their learning and development. Parents are children’s first, most important and continuous educators, you know your child and their needs. Please keep us informed with open, honest and respectful communication. This will help us better understand your child. When we work closely together, children benefit.

Thank you to parents who have worked hard over the past weeks to ensure children not only have everything they need but are presented beautifully. The community are rightly proud of the uniform and is great to see the children wearing it with pride.

We are looking forward to a wonderful year together. Please do not hesitate to come and see me with concerns and questions.

We welcome our new students:


Jacqui Lawless
PRINCIPAL

9th February, 2017

Just a reminder to all families that we have an increasing number of children who may suffer from a severe reaction to nuts. We discourage nuts at school and hope families will assist in minimising this risk.

term dates
2017

February
9 - First day of Term 1
13 - 1/2 Kindergarten class
14 - 1/2 Kindergarten class
- P&F Meeting 7pm
15 - Welcome 2017 Mass,
St Peter’s Church, 9.30am
21 - Bravehearts Performance K-Gr3
Parents 1.10pm, Students 1.40pm
22 - Launceston Cup Day
This is not a school holiday!
- Dancing classes, all grades
24 - P&F Pool Party 5pm
28 - Shrove Tuesday

March
1 - Ash Wednesday - beginning of Lent
2 - Band Meet & Greet, instruments
3 - beginning of Gr3/6 sport
5 - First Sunday of Lent
6 - Long weekend - Labour day
7 - Larmenier Swimming Carnival
8 - Dancing classes, all grades
11 - Family Mass
St Peter’s Church 5.30pm
12 - 2nd Sunday of Lent
14 - 16 - Grade 6 camp

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9th February, 2017
Important Notes & Return Slips
There are many notes included with the newsletter. Some of these notes contain vital information for you and information that needs to be returned to us. Please take the time to read and complete these forms to ensure routines and clarity can be established.

Commencement Mass
On Wednesday the 15th of February is our school Commencement Mass. Families are invited to join us at St Peter’s in Kings Meadows at 9.30. This will also be a wonderful opportunity to welcome Father Des to the Larmenier Community.

School Hours
Parents are reminded that school begins at 8.50am. To assist your child to be ready and organised for the school day it is vital they arrive before the bell. The ‘bottom doors’ are opened at 8.30 and supervision is provided from this time onwards. We ask parents not to drop children at school before 8.30am, because they will not be supervised. We thank you for your support.

Parent Teacher / Goal Setting meetings
Early in the school year ALL parents are encouraged to attend the Goal Setting meeting with your child. This is a great opportunity not only to meet your teacher but to set clear goals for the 2017 school year. When teachers and parents work together to support children, they have a greater chance of being successful. Meetings will be in the week beginning the 27th of February, a notice will be sent in the next few weeks.

Specialist Lessons
Tuesday – Music, PMP  
Wednesday - LOTE, Prep, 1, 2, 4 Library  
Thursday – Kinder, 3, 5, 6 Library, PE

2017 School Captains
Congratulations to our School Captains, Vice Captains and House Captains who were elected last year.

School Captains: Tayah Lacco & Alexander Vogelaar  
School Vice-Captains: Kira Rose & Oliver Styles

House Captains
Upton: Charlotte Gould & Seth Hardinge  
Guilford: Chloe Lanham & Samuel Watson  
D’Arcy: Jade Binns & Eddie Pickford

Parents and Friends
Our first Parents and Friends meeting for 2017 will be held in the Staffroom on Tuesday 14th February @ 7pm. Our Parents and Friends provide parents to with opportunities to
- Mix socially with other parents
- Find out about what happens in and around our school
- Contribute to fundraising and social functions
- Discuss educational “happenings”

Fees
All parents will be issued with their first school fee invoice this week. Parents are reminded that our school relies on your regular payments to continue to support the educational programs at our school.

P & F Pool Party
For many years the P & F have organised a Pool Party at Launceston Aquatic Centre as a way of welcoming the new school year in a relaxed setting. ALL families are welcome to join us on Friday 24th February. More details next week.

Canteen
The Canteen has no starting date yet. More news next week.

School Calendar
Today all families were provided with a School Calendar. Please note that this is subject to change. Parents should check the newsletter for any changes. Additional calendars are available from the office. Please continue to read our newsletter as we will provide up to date information via this.

Sunday Mass at St Peter’s
Reconciliation 4.45 pm on Saturdays at St Peter’s  
Vigil on Saturday evenings at 5.30 pm.  
St Augustine’s Longford at 8am Sunday mornings.  
Sunday mornings at 9.30 am at St Peter’s.

Uniform Shop
Thanks to Lanai Morrison and Jo Long for assisting with the Uniform Shop and sales last week. A reminder that all students require smocks, homework folders and library bags. All are available from the uniform shop. This year the Uniform Shop will be open on Tuesday 2.45-3.10pm and Thursday 8.30-9.10am. Orders can be ordered via email (order form on the school website) left at the office.

Webpage
www.larmenier.tas.edu.au. See here for lots of information about our school, parenting ideas, photos, newsletters, uniform order forms and lots of other general forms. Take the time to have a look! (Feedback always welcome).

Team App
Get the app and request to join Larmenier. Lots of reminders, notes, newsletters and photos get displayed here.

On The Farm
Thank you to all the families who billeted our pets for the holidays. Looking at pictures shared on the Larmenier Parents Facebook site, they have really enjoyed their holidays. There were also some surprises and some sadness. Firstly Peta the rabbit had to be euthanised when she developed a serious ailment. Peta was a lovely friendly rabbit. Many will recall her popularity at the school fair last year. We also welcome three newborn Guinea Pigs. Mum and babies going well.
Our goats started having ‘kids’ mid January, a whole month earlier than we were anticipating. They have really enjoyed their holidays. There were also some surprises and some sadness. Firstly Peta the rabbit had to be euthanised when she developed a serious ailment. Peta was a lovely friendly rabbit. Many will recall her popularity at the school fair last year.
We also welcome three newborn Guinea Pigs. Mum and babies going well.
Our goats started having ‘kids’ mid January, a whole month earlier than was expected. We so far have ten kids on the bottle ready for our school children to look after before they are sold. At least one doe is yet to give birth.
Our pigs gave birth in November. Unfortunately a week after their weaning in mid January, four of our school piglets were stolen from their paddock. After a public request for their return, one was given back. Three remain missing and the police are investigating.

Ted Sherrin
Term Dates Catholic Schools
2017
Term 1 Thursday 9.2.17 to Thursday 13.4.17
Term 2 Monday 1.5.17 to Friday 7.7.17
Term 3 Monday 24.7.17 to Friday 29.9.17
Term 4 Tuesday 17.10.17 to Thursday 21.12.17

2018
Term 1 Thursday 8.2.18 to Friday 13.4.18
Term 2 Monday 30.4.18 to Friday 6.7.18
Term 3 Monday 23.7.18 to Friday 28.9.18
Term 4 Monday 15.10.18 to Thursday 20.12.18

Traffic & students safety

The school urges all parents to support road safety by obeying signage displayed and also ask you remind your child/ren to be very aware of potential traffic related dangers around the school.

Sometimes for example, motorists do not abide by road laws, and if students are crossing inappropriately (with or without you), or just not aware of their surrounds by always looking either way, we could have an accident.

The education and care of our students is a partnership between the staff and parents and we all need to do our bit by acting appropriately and not showing a disregard for road laws, even if only to demonstrate your support to children watching of appropriate behaviour.

Email address for Newsletter

All parents will receive a hard copy of the newsletter today but from next week onwards the newsletter will be distributed via email. Please ensure that we have a current email address. There are several hard copies of the newsletter keep at the office if you need one or it can be accessed via the school web page or Team App.
Four parenting priorities for 2017

By Michael Grose

Like the earth's crust the parenting landscape is constantly shifting always bringing new challenges for parents. Not only are children and young people constantly growing and developing but societal trends evolve and change at such rapid rates that it's hard to keep up. It's also hard to differentiate between the significant and the frivolous when it comes to trends and changes.

The following four priorities are both current and significant, deserving to be top of mind for parents as the 2017 school year begins.

1. **Time to tackle technology**

   Want to travel along Parenting Easy Street? That's easy. Make tackling this parenting game-changer your priority. It's no point being all doom and gloom about technology because tablets, mobile phones and smartphones are here to stay. They connect us, educate us and entertain us like nothing has before.

   But the jury is still out on the impact of digital devices on children and young people. Currently there are studies being conducted on the effects of technology on children's brains, as well as studies on gaming addiction, social media addiction, attention-related issues, obesity, decision-making, hand-eye coordination and sleep to name a few.

   The technology genie maybe out of the bottle, but we need to bring some sanity into the area. Children and teenagers, and yes technology, primary school and secondary school kids can be mentioned in the same sentence as first-time smartphone users become younger by the day. Those who use communication technology need constant parent vigilance and diligence, a flexible approach and the ability to say a loud and clear "NO you can't have/use that now."

   It takes a lot of parental backbone to swim against the current all-encompassing technology tide. You can't hold it back, but you can slow it down. You can suggest it sits on the metaphorical shelf for a while or at least while you eat dinner together. You can insist that social media isn't the only way to stay in touch with friends and show them that Dr. Google may be clever but he/she only knows so much and that accurate and current information can be found offline. When it comes to kids and technology, don't be an onlooker. Make this a year for getting in the game with kids, tech boots on and all.

2. **Promote physical and mental health**

   Finally, good mental health habits are top of mind in Australian schools. A focus on student wellbeing is now a well-established pathway to academic success for children and young people.

   But kids' levels of physical activity need a boost. Recent research tells us that children's physical activity peaks at around four years of age in Australia and gradually decreases every year from there. It makes a mockery of the image of Australian childhood spent in the image of Australian childhood spent in the great outdoors.

   Remember the old healthy body, healthy mind' maxim that past generations so fondly spruiked? Well, it's true. Physical and mental health are inextricably linked.

   So this year while we encourage our kids to be more active, we must also consider how they eat. This is crucial as we have such a strong hold on them as it so often is in adolescence. Strong-willed kids who like to have their own way will often be the ones who are more difficult to raise with strict dietary restrictions.

   We should be worried that our kids may ever do grow up? As reported in Fairfax Media recently, "In 1970's only one in five under-30's in Australia lived with their parents but now it's one in two." This high dependency of children and teenagers on adults is the exact opposite of what adults have done in the past, which is to develop their children's independence and achieve the most important parenting outcome of all – their own redundancy.

   In 2017 remove the spoon, put it back in the drawer and make independence building a high priority in your family.

3. **Put the spoon back in the drawer**

   I've hidden the controversial part in the middle of the article. Ready for it? I think that parents currently do too much for kids. We spoonfeed them. We make life too easy and don't demand enough from them. Not all parents, but enough that we should be worried that our kids may grow up to become risk-averse, fearful adults who have difficulty making decisions lest they make a mistake. That is, if they ever do grow up? As reported in Fairfax Media recently, "In 1970's only one in five under-30's in Australia lived with their parents but now it's one in two." This high dependency of children and teenagers on adults is the exact opposite of what adults have done in the past, which is to develop their children's independence and achieve the most important parenting outcome of all – their own redundancy.

   In 2017 remove the spoon, put it back in the drawer and make independence building a high priority in your family.

4. **Put integrity top of the pedestal of character traits**

   Every parent wants their child to have the strength and fortitude to do the right thing and not follow the crowd. This is easier for young children because the pull of the group and the allure of the media doesn't have such a strong hold as it so often does in adolescence. Strong-willed children and those who like to have their own way can also find doing the right thing less of struggle. But the development of integrity and related traits such as respect, honesty and fairness is an important part of a child's moral compass that will help them make smart decisions when you're not around. Generally, integrity is developed in childhood and put to the test in adolescence.

   In 2017 put some focus on developing a sense of integrity in your kids – the rock star of character traits.