



Larmenier Catholic Primary School

term dates

December

- 8 - End of Year Mass, St Peters Church
- 9 - Concert at Door of Hope
- 14 - Last Day of 2022
- Final Farewell Assembly
- 25 - Merry Christmas
- 26 - Feast of the Holy Family
Larmenier's Patron Saint

January

- 6 - The Epiphany - the arrival of the 3 Wise Men
- 26 - Australia Day

February

- 3 - First day of Term1 2023

2023 TERM DATES

- Term 1 – 3 February – 6 April
- Term 2 – 26 April – 7 July
- Term 3 – 25 July – 29 September
- Term 4 - 17 October – 13 December



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.



8th December, 2022

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*“Whenever you have taken up work in hand,
you must see it to the finish.
That is the ultimate secret of success.
Never, never, never give up!”
Dada Vaswani*

The final term of a school year is a crazy time. From carnivals, to concerts, to change of season weekend sports, to planning for the coming year. For some families it will be planning for the big change from primary to secondary school. As adults we add more to this busy time with work functions, Christmas shopping, planning and cooking, holiday planning and the list goes on.... and on... and on.

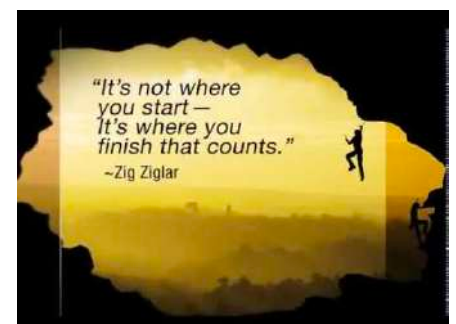
By the end of the year we are more likely to be ‘thin skinned’, sensitive and emotional because we are run down and in need of a break. We shouldn’t be surprised. The same thing happens at this time every year. The important thing is how we respond to the challenge and how we teach our children to respond to the challenge too.

Monitoring our self-talk is important this time of year. Ensuring we are not catastrophising or being unnecessary negative. It is also an important time to watch our words, to resist the temptation to ‘shoot from the hip’ and make decisions on the run. We must think before we speak and act.

At the start of the year we were filled with energy and vigour. It is now important we finish how we started.... To finish strong.

It is said long distance runners, at some point in the race, may hit the wall and end up running the ‘survival shuffle’. Experienced runners resist this shuffle, lift their heads and pick up the pace. By picking up the pace you are not just saying to yourself you are going to finish but you are saying you are going to finish strongly.... and so can we all.

Jacqui Lawless
Principal



On a personal note

This week it was announced that I will be taking up a role as Acting Principal at St John's in Richmond. This will be for 2023.

I would like to thank you for having me as part of your community for the past 6 years, it has been a great privilege to be the Principal of Larmenier.

St Vincent de Paul – Mini Vinnies

This year our community has given generously to St Vincent de Paul through our Food Drives. The sales of weekly icy poles and milos have raised over \$1500 for St Vincent de Paul.

Thank you to everyone who gave what they could. Our community has been so generous over the year.

Thank you to Miss Donald and the Mini Vinnies Group who organised all our fundraising events.

Staffing

Ms Lesley Hillhouse is leaving us at the end of this year. I am confident we will still see her as part of our Larmenier community, just not in a regular way. Ms Hillhouse stepped into the Year 5 role with expertise and experience. We will always be grateful that she worked with us this year.

Ms Yvonne de Wit leaves us for a 12 month adventure. Ms de Wit went to school at Larmenier and has worked here for many, many years. She is a wealth of knowledge and expertise. We will miss her but look forward to hearing of her travels when she returns.

End of Year Mass

Our Mass to celebrate and give thanks for the year will be on Thursday the 8th of December at 9.30 at St Peter's Church in Kingsmeadows. All children from Kinder to Year 6 will be attending. Family and friends are welcome to join us.

End of Year Concert

The concert is at the Door of Hope on Friday the 9th of December. The concert begins at 1.00pm with the doors opening at 12.45. Information has been sent home. If you have any questions please contact judy.rice@catholic.tas.edu.au

**LAST DAY OF SCHOOL IS
WEDNESDAY 14TH
DECEMBER.
PICKUP TIME IS THE
SAME AS USUAL.**

Final Assembly

The Final Assembly is on Wednesday the 14th of December. This is the Year 6 Farewell Assembly, it begins at 1.30pm in the Undercover area. We will farewell our Year 6 students and many families as they leave the Larmenier Community. All are welcome.

2023 Uniform

A reminder that our Uniform Shop has now closed and the Larmenier school uniform is now available at Midfords. We are hopeful this change is a smooth process, however some patience may be necessary.

For Year 2 children moving to Year 3 in 2023 - a reminder that the formal uniform is introduced in Year 3. This includes dresses, blazers, formal shirts and shorts. Please keep an eye out for second hand uniform. We also have a limited range of second hand uniform at school if anyone needs support.

The Love Room (Second Hand Uniform)

For those who are unaware we have a range of second hand uniforms at school. It is 'given with love and shared with love'. If you would like to donate any uniforms to the 'love room' it would be greatly appreciated and accepted.

Enrolment into the Primary Schools Music Program

St Patrick's College offers instrumental music tuition every year through the Catholic Primary Schools Music Program.

This involves small groups and band tuition once a week at school during the day. It also includes the opportunity to attend several workshops during the year with the other Catholic primary schools. The finale is a concert where each of the school bands get to perform what has been learnt.

The annual fee includes instrument hire - \$575 per year or if you have your own instrument the fee is reduced to \$330 per year (these prices may rise slightly for 2023).

Through music, a child can be given the opportunity:

- To express feelings, thoughts and ideas.
- To experience rhythm, to discover its flow, progression, balance, its build and climax.
- To move to music.
- To work in harmony with other people, performing together, moving in co-operation.
- To feel happy inside.



For more information and to enrol <https://www.stpatricks.tas.edu.au/our-community/catholic-primary-school-music-program>

Information for 2023 is not yet available on the site. It should be updated soon.

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GRADE 1 CLASSROOM ACTIVITIES



Grade 6 Farm 25th November 2023



poppies for Remembrance Day



Balloon volleyball





DANCERS & GYMNASTS RHYTHMIC GROUP TRY OUTS!

Meet Katie Sigsworth

2022 Commonwealth Games Coach

LAUNCESTON

RHYTHMIC GYMNASTICS

PCYC

DATE:
26
FEBRUARY
2023

Join LPCYC
2023 National
Clubs Team
@ Gold Coast

Ages
11 - 18 yrs

No
experience
necessary!

Register: stephanie@pcyclaunceston.org.au

Farewell for Fr Des & the Missionaries of the Sacred Heart this Sunday following the 9.30am Mass in the Parish Centre - note change of venue.

DEAR PARISHIONERS AND FRIENDS OF THE PARISH,

As the days are counting down to the departure of the MSC ORDER from Kings Meadows on the 27th December, and consequently my departure as well, the Provincial Superior Fr Chris McPhee msc and the Regional Superior Fr Phillip Malone msc are joining with us this weekend for Mass and for a morning tea farewell in the PARISH CENTRE after the 9.30am Mass this Sunday.

If you're able to come along for a cuppa, no notice needed, you'll be most welcome.

God bless and keep you. Fr Des



Come along and share the memories!



Our Christmas for 2022 at St Peter's & St Augustine's

Saturday 24 th	5.30pm	St Peter's
Sunday 25 th	9.30am	St Peter's
	6.00pm	St Augustine's

Grade 4 Elves



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kinder athletics



There's more to the saying 'Music makes the world go round' than you might think. Jenny Brockis investigates the wide-ranging benefits promoting a love of music can have on your kids.

In the children's story *The Pied Piper of Hamelin*, the piper uses his flute to entice all the children of the city to follow him. As he does this, he is demonstrating the magical quality that music has always had about it. Music makes us feel good and it enhances the way we think, process information and remember.

We have known about the association between music and child brain development for some time. So it's a great idea to encourage our kids to take an interest in music from an early age, either through creating music by playing an instrument, listening to music, or both.

Whether or not your child shows a natural aptitude for music is less important. What matters more is that they get exposed to music in its various forms.

SOME OF THE REASONS WHY MUSIC AND KIDS GO WELL TOGETHER INCLUDE:

MUSIC MAKES LEARNING EASIER

Little kids usually don't need much encouragement to make music. Banging drums, cymbals, triangles, maracas or saucepan lids is not just a source of delight for the young music makers but it primes their minds to be able to process information more efficiently and make better choices.

Recent studies have shown that musical training, i.e. learning a musical instrument, boosts language skills, working memory and flexible thinking which all help set our kids up to find learning easier and boost academic performance.

MUSIC IMPROVES BEHAVIOUR

Singing and making music have been shown to result in children being more cooperative and helpful towards each other. It also makes them better at problem solving than if they just sat quietly listening to a story. Not that there's anything wrong with that scenario either! But being passive and listening to words, doesn't stimulate the brain in the same way as music does.

It's thought that music helps to promote our social connections. Music is often conducted as a group activity and this can help those kids who feel 'different' because they have emotional difficulties or other learning challenges.

WHY IS MUSIC SO MAGIC?

Scientists are still trying to fully understand why music is such a powerful influence on us.

We know that music can help in the learning of a second language, perhaps because melody provides the brain with associations to help encode the new vocabulary into our memory banks. We also know that music activates many different areas of the brain

including those associated with hearing, movement and emotional regulation.

Overall learning to play a musical instrument is linked to improvements in reading, literacy and general mathematical ability.

IS THERE REALLY A MOZART EFFECT?

Early studies suggested that listening to classical music, especially Mozart, enhanced intelligence. That has since been debunked as a myth. But what is true is that listening to any music, not just classical, can have a positive effect on how well children learn. Just don't expect it to turn your child into a genius.

WHY MUSIC HELPS MEMORY WHEN LEARNING

When we learn new information we predominantly activate the left hemisphere of our brain. Listening to music activates both sides of the brain simultaneously. This makes the learning process easier because we then use whole brain thinking to learn and retain information.

MUSIC HELPS KIDS IN EXERCISE AND COORDINATION

Learning to dance is great cross training for the brain. The music makes the activity even more fun while helping coordination skills. Learning to play piano, clarinet or another instrument that requires finger control helps the development of fine motor skills.

Plus, of course, it's all about keeping kids active which is so important for their overall health and wellbeing. One reason gyms play music while we workout is because it keeps us exercising for longer and persisting through that last tough rep. It's exactly the same for our kids.

Not only that, but exercising outside while listening to upbeat music has been shown to keep brains working faster when working to recognise visual images, letters and numbers. In other words it boosts productivity.

MUSIC HELPS KIDS TO RELAX AND SLEEP BETTER

Listening to quiet or soothing music reduces nervous tension and helps our kids to relax. Because it also helps to reduce the level of stress hormones that can make kids feel anxious, it can also keep them more positive and happy. Plus, happy kids are primed to learn better.

Taking the time to share music with our kids, listening to it on the radio or iTunes together, and going to concerts together are great ways to promote an enduring interest in music. This is something that will stand them in good stead across their lives to enhance academic performance, social skills and happiness. ■