

Star of the Sea Catholic College

PO Box 206, George Town. 036382 1242

Newsletter

27TH FEBRUARY 2018

From the Principal

“Be happy for this moment.

This moment is your life.”

Omar Khayyam

Last Thursday we had a visit from the SAM Project, ambassadors for the Black Dog Institute. They spoke to our secondary students about mental health and also gave them an experience of some exercises that can help with their mental health.

It is interesting that the latest advice around staying mentally fit is the same advice that has been given to people for many years now - relaxation, exercise, the nourishment. Most of the suggestions about staying mentally healthy have been around in Catholic teaching for years. In fact, many monasteries around the world still operate on these three basics.

It would be easy for me to say

that if we all lived our lives in a monastery then we wouldn't have any mental health issues, but that's not particularly helpful. Most of us live in the world outside the monastery, the world of pressures, of cost of living, of busy-ness, of social media, of always being connected.

So what can we do? Every so often we need to disconnect ourselves from the world. We need to turn off the phone, shut down the computer, turn off the TV and just be. Most exercises that support mental health, like meditation, yoga, physical exercise, are about just being in the moment. We can't live in the future or the past. The only place we can live in is the present, the here and now.

Much anxiety is related to events in the future or the past. To overcome this we have to bring ourselves into the present moment. It takes a lot of practise, but it can be done.

At Star of the Sea we hope we can provide our students with opportunities to disconnect, to be in the here and now. While the SAM Project gives us a starting point, it is up to all of us to keep the practises going.

Mr Richard Chapman
Principal



Learning
Believing
Belonging
Respecting
Reaching Out
Personal Best

FAMILY AND SCHOOL WORKING TOGETHER

Did you know?

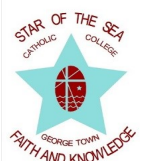
It is recommended that adult males have no more than **8 teaspoons of sugar per day**, with adult females **6 teaspoons**. Quite often foods will be advertised as healthy, but will actually be high in sugar. To check, look at the label and find the amount of sugar (in grams) per serve. Divide this by 4 to find out how many teaspoons of sugar are in each serve. This yoghurt has 14.3g of sugar in one serving, so $14.3 \div 4 =$ just over 3.5 teaspoons of sugar.

NUTRITION INFORMATION			
Servings per pack: 1		Serving size: 140g	
Average Qty. per Serving		Average Qty. per 100g	
Energy	479kJ (115Cal)	343kJ (84Cal)	
Protein	12.0g	8.5g	
Fat - Total	0.3g	0.2g	
- Saturated	0.1g	0.1g	
Carbohydrate	15.9g	11.4g	
- Sugars	14.3g	10.2g	
Sodium	40mg	29mg	
Calcium	148mg (19% RDI*)	106mg	

Calendar

Wednesday 28th February Playgroup @ Star 9.00am till 10.30am
Launceston Cup Day, No Holiday. School as normal
Thursday 1st March Primary Assembly 2.15pm in the Gallery
Friday 2nd March Clean Up Australia Day

Advance Notice: Tuesday 13th March Year 3-10 Swimming Carnival



Religious Education and Faith Development



**WORLD
WILDLIFE DAY**
3 MARCH



Heart

Spirituality

Attentiveness



Hospitality

Compassion

UN World Wildlife Day is held annually and is a celebration of the many beautiful and various types of wild animals and plants on our planet. It also raises the plight of endangered animals and how conservation benefits all life on our planet.

This year's theme is; "big cats: predators under threat. Cheetahs, jaguars, leopards, lions, pumas, snow leopards and tigers are found in many parts of the world. These beautiful creatures are being threatened by loss of habitat and prey, poaching and smuggling, human- wildlife conflict or climate change. Of all the big cats, tigers are the closest to extinction. In the last century their numbers have dropped from 100,000 to under 3,900. Tiger habitat is increasingly under threat and today they no longer live in 96% of their historic range.

Pope Francis has much to teach us about animals in his encyclical, Laudato Si. The interrelatedness between the earth and its inhabitants and respect for all creation is a major theme. He pays particular attention to endangered species. Each year thousands of plant and animal species disappear; lost forever. The great majority become extinct because of human activity.

Pope Francis warns, "our indifference or cruelty to fellow creatures of this world sooner or later affects the treatment we mete out to other human beings."

When we respect and care for all creation as things related to us, we are respecting and caring for ourselves. World Wildlife day is not only a good opportunity to learn more about the challenges faced by big cats and how we can help but it's also a chance to share what you have learned with others. Spread the word; post something on social media.

"All of creation is a song of praise to God" Hildegarde of Bingen"

Star of the Week

22nd February 2018

Kinder	Charlee Eysers	For sitting beautifully and listening well at mat time.
Prep/1	Carlie Lowe	For the enthusiasm she shows in all her learning.
Grade 2/3	Leo Linley	For consistent application to his class work.
Grade 3/4	Bonnie Leslie	For her amazing use of adjectives during creative writing, very clever ideas!
Grade 5	Luke Chapman	For his very settled and happy start to Grade 5.
Grade 6	Billy Johnson	For his wonderful effort towards his work in Maths.

Welcome

We welcome Brianna (Grade 6) and Eleanor (Year 7) and their families to Star of the Sea. We hope they enjoy their time here.

Absent from School

A reminder to all parents at the beginning of the year regarding our attendance policy and procedures. All students are expected at school every day unless the absence is authorised (e.g. through sickness).

If your child will not be at school, we ask you to contact the College office before 8:50am. This can be done through Facebook, Skoolbag or ringing the office number.

If your child is absent and the College has not heard from you, we will ring. Should we not be able to get in contact, a text message will be sent. We ask parents to reply to the message as soon as possible.

It is expected that all absences are accounted for. Should there be a number of unexplained absences in the term it will be followed up by the College.

We would ask that a medical certificate is brought to the office should your child be absent for more than 2 days due to illness.

Student success and wellbeing at school is strongly linked to attendance. It is important that we work together as school and families to ensure high attendance rates for all of our students.

Launceston Cup Day

Tomorrow the Launceston Cup is held and it is a holiday for a number of schools and businesses in the Launceston area. It is NOT a holiday at Star of the Sea and all classes will continue as normal.

Fruit Fly

As many of you will be aware, fruit fly has been found in George Town and, as such, George Town has now become part of the Control Area. While fruit can be brought into George Town, it cannot be taken out. The College is looking at ways that we can support the containment of fruit fly with our rubbish disposal methods. *Please see attached information.*

Medical Information

Medical update forms will be sent home with each student this week. These forms allow us to update our medical data base for the 2018 school year. Please return them to the College office by Wednesday March 7th.

Playgroup @ Star

Playgroup 2018 has begun, this week our little people have thoroughly enjoyed exploring the Campsite. We had great fun toasting marshmallows, making milkshakes, sharing a tent and exploring with the torch. Playgroup runs every Wednesday from 9:00am-10:30 am and all families with 0-5 aged children are welcome.



Shout Out Week 3 Term 1

Name	PBS	Reason
Riley Phillips	L	Being a great listener in class
Lara Nunn	E	Being a great listener in class
Jayden Casey-Darko	L	Being focussed the whole time and working well with his partner
Kate Symes	S	Waiting quietly outside the classroom
Areesha Imran	L	Trying hard to link letters when writing
Billy Johnson	S	Dealing with a situation in a safe & mature manner
Hunta Burton	L	Completing a task on measuring length
Hunta Burton	E	Being a super student in Library
Kate Symes	R	Working quietly
Hayley Ford	L	Completing Measuring Area task well
Tait Berlingeri	E	Being organised and ready to learn
Tait Berlingeri	R	Walking quietly back from Music
Hayley Ford	E	Being a cooperative learner in Music
Maeve Lazdauskas	L	Asking great questions
Maeve Lazdauskas	R	Walking quietly back from Music
Ashton Harrison	E	Collecting and putting all the footballs away after recess
Ashton Harrison	E	Being a cooperative & engaged learner in Music
Ashton Harrison	S	Waiting outside our classroom
Ashton Harrison	L	Excellent participation in lesson on measuring area
Ashton Harrison	R	Walking quietly back from Music
Blake Miller	E	Staying on task during Maths and focussing on himself
Tylar Berne	L	Always working at his personal best in class
Maverick Watson	S	Lining up safely when the bell goes
Carlie Lowe	S	Helping clean up
Izaak Holz	E	Being a cooperative & engaged learner in Music
Izaak Holz	R	Walking quietly back from Music
Bonnie Leslie	L	Her super exciting use of adjectives in her creative writing
Tait Berlingeri	S	Waiting outside our classroom for the teacher
Jaxsyn Pollock	S	Lined up safely at the end of recess
Maverick Watson	S	Cleaning up his space
Harry Lignier	L	Excellent participation in class discussion on Measurement
Harry Lignier	R	Walking quietly back from Music
Sabian Hawes	S	For lining up safely at the end of recess
Raphael McLeod	S	Lining up safely when the bell goes
Allira-Grayce Harris	S	Lining up safely when the bell goes
Olivia Hockey	R	Walking quietly back from Music
Olivia Hockey	E	Being a cooperative & engaged learner in Music
Jayden Casey-Darko	R	Sharing his textas and working well with others
Jessie Anlezark	L	Being a great speller
Tylar Berne	E	His creative writing with great use of adjectives
Leo Linley	L	Working hard with his spelling
Henry Lindfors	E	His great focus and listening while sitting on the mat
Jessie Anlezark	E	Being a great worker in class
Oliver Schreuder	E	Staying on task and avoiding distractions
Giovanni Gandolfi	R	Raising his hand to speak
Grace Mahnken	S	Sitting down at the bus stop
Daisy Lindfors	E	Helping Hunta with his reading
Daisy Lindfors	S	Waiting outside when asked
Hunta Burton	S	Keeping Mr E and Miss H safe when crossing the road
Hunta Burton	E	Being engaged in creating awesome photos
Hunta Burton	L	Reading as well as always
Daisy Lindfors	S	Sitting still in her seat
Ashton Meessen	S	Sitting down at the bus stop
Izaak Holz	L	Always having a go even when tasks are tricky
Oliver Schreuder	L	His amazing use of adjectives in his creative writing
Areesha Imran	R	Walking quietly back from Music
Kiana Widdowson	L	Being a great listener in class

Shout Out Week 3 Term 1 continued

Name	PBS	Reason
Hunta Burton	R	Walking quietly back from Music
Jack Lindfors	E	Helping Mr Cook
Hayley Ford	R	Walking quietly back from Music
Bronte Lignier	R	Walking quietly back from Music
Lucas Weston	R	Ignoring distractions and making mature choices
Reagan Widdowson	E	Being organised and ready to learn
Reagan Widdowson	R	Walking quietly back from Music
Macklin Grimsey-Boersma	E	Staying on task and producing amazing work
Macklin Grimsey-Boersma	L	Being focussed the whole time and working well with his partner
Jayden Casey-Darko	R	Staying in the classroom ALL morning and having a go at a task
Reagan Widdowson	E	Asking questions during class
Reagan Widdowson	E	Participating in a class vote
Lillian Mather	S	Packing up someone else's mess
Olivia Hockey	L	Wearing her glasses to help her during Maths
Olivia Hockey	R	Lining up with Respect for other classes
Hayley Ford	S	Waiting outside our classroom
Jayden Casey-Darko	S	Walking safely back to school from the pool
Katie Holz	E	Working hard to finish her work on time
Katie Holz	L	For great spelling
Jaxsyn Pollock	L	For working so hard with his spelling
Ashton Meessen	E	Helping Mr Cook
Giovanni Gandolfi	R	Walking quietly back from Music
Kate Symes	R	Walking quietly back from Music
Katie Holz	R	Always contributing to class discussions in a polite and respectful manner
Erin Vandezwan	R	Her quiet and respectful manner during the leaders induction ceremony
Karol Aziz	R	Tidying our class without being asked
Karol Aziz	S	Lining up safely when the bell goes
Luke Chapman	S	Waiting outside the classroom
Luke Chapman	R	Walking quietly back from Music
Luke Chapman	L	Excellent participation in class lesson on measuring area

PBS Focus Week 2: Respect- Active Listening
We can show respect by being an active listener.

Shout Out Winners Week 3

Ashton Harrison - Absent

Izaak Holz- Outdoor Game for the class

Macklin Grimsey-Boersma - Board Game with a friend

Grade 8 - Home Economics

In Home Economics last week, our Grade 8 students made some delicious chicken kebabs with golden rice for their lunch.



Important biosecurity information for schools, parents and students

21 FEBRUARY 2018

Fruit fly has recently been detected at sites in Tasmania.

The Department of Primary Industries, Parks, Water and Environment (DPIPWE) has formally declared Control Areas to restrict movement, transport and supply of fruit and vegetables that host fruit fly to reduce the risk of transporting fruit fly to different areas.

These biosecurity measures also apply to schools within the declared control area.

Fruit fly can physically damage fruit and some vegetables, and significantly restrict trade of fresh fruit and vegetables into valuable markets in Australia and overseas.

If left unchecked, the presence of fruit fly in Tasmania could impact negatively on the state economy.

Tasmanians and visitors are encouraged to be fruit fly aware and to be vigilant about these pests.

I live in a Control Area and my children go to school just outside the Control Area, can they take fruit and vegetables to school?

Fruit cut up into fruit salad and sliced homegrown tomato in your sandwich is fine. However, you should not transport whole home grown host produce from your property. This is to reduce the risk of transporting fruit fly to different areas. Whole host produce are a greater risk of spreading fruit fly because they could be rotten inside due to the presence of fruit fly.

Which fruits and vegetables are 'host fruit'?

Common host produce includes, but is not limited to: apples, apricots, bananas, blackberries, capscums, cherries, figs, grapefruit, mulberries, nashis, nectarines, oranges, peaches, pears, plums, raspberries, strawberries and tomatoes.

Whole host produce is a greater risk of spreading fruit fly because they could be rotten inside due to the presence of fruit fly.

Minor host produce includes lemons, limes, quinces, pumpkins and walnuts.

For more information and a full list of host produce visit

<http://dipwwe.tas.gov.au/fruitfly>

Fruit Disposal

All host produce is required to be double bagged. Place produce inside a plastic bag, seal that bag then place inside another bag and seal, this can then be disposed of in general waste bins.

Produce must not be composted or disposed of in greenwaste as fruit fly larvae can survive the composting process.

If disposed in large skip bins we ask that the lids be kept closed and it is arranged that they are emptied regularly.

School Kitchen Gardens in the Control Area

All unseasoned host produce (including rotten, fallen or remains of host produce) must be picked up and double bagged as described under fruit disposal instructions.

No fruit can be sold or given away. It can only be used on site for cooking, be frozen or disposed of.

I live outside a Control Area and my children go to school within the Control Area. Can they take fruit and vegetables to school?

Host produce from outside the Control Area can be taken within the Control Area. This will not spread fruit fly as long as it is either consumed or properly disposed of in the Control Area. However, host produce cannot then be moved from school to outside of the Control Area.

Are there any penalties for disregarding the Control Area restrictions?

People are required by law to report promptly any signs of fruit fly. Penalties may apply under the Plant Quarantine Act 1997.

If you think you have produce infested with fruit fly, please call Biosecurity Tasmania on 6165 3774.

More information

For the latest fruit fly information visit <http://dipwwe.tas.gov.au/fruitfly>

Map on page 2



Department of
Primary Industries, Parks, Water and Environment

Talking about Suicide is hard....

what if someone says they are thinking about suicide?

is there a risk in asking about suicide?

reduce STIGMA

what if I say the wrong thing?

it's too hard...

but just talking and listening can really help....



suicideTALK

An informal 90 minute conversation

to talk about:

- why we need to talk about suicide
- how to talk about suicide safely
- the power of just listening
- resources to help you help others.

join me for a cuppa to chat about how to have these difficult conversations



Date and time: 10.30am - 12noon, Wednesday 14 March 2018

At: George Town Neighbourhood House

To register phone: 6312 3019

or e-mail: info@gtnh.org.au

