

Star of the Sea Catholic College

Newsletter

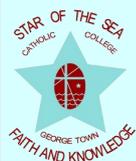
27TH NOVEMBER 2018

From the Principal

The greatest gifts you can give your children are the roots of responsibility and the wings of independence. -

“Denis Waitley”

Learning
Believing
Belonging
Respecting
Reaching Out
Personal Best



I recently heard Dr Jane Foster speak about her ideas to help build social and emotional resilience called MYTERN. The point of MYTERN is to change the language we use in order for our children, and ourselves, to take more emotional responsibility.

The part of her presentation which stuck in my mind was the idea that there seems to be this idea in society these days that we should always be happy, and our children should always be happy, and if they are not then we need to immediately do something so that our children are happy.

But happiness is only one of the many different emotions we are gifted with as human beings. If that is the only emotion we use our lives will be very shallow indeed, lacking in substance.

Because it is okay to be sad. It is okay to be angry. It is okay to be disappointed. None of these emotions are bad as such. Unfortunately we are given strong messages that these emotions are bad or wrong and we should avoid having them. As parents we often want our children to be

happy, without perhaps thinking through what that means. Do we want our children to be happy all of the time, or do we want them to experience a range of emotions? Do we want our children to have a trouble-free life, or do we want them to have struggles and challenges so to build their resilience?

It is probably time we flipped our thinking about wanting our children to be happy, and instead maybe consider wanting our children to be in control of their emotions.

Because it is okay to be sad, but it isn't okay for our sadness to hurt ourselves or others. It is okay to be mad or angry, but it isn't okay for our anger to cause hurt to ourselves or others. We need to be in control of our emotions, and we need to give our children the skills to be in control of their emotions, too.

At Star of the Sea Catholic College, we need to let our students know that it is okay to have a range of emotions, that we don't have to be happy all of the time. That doesn't mean we stop trying to build a welcoming and inclusive school community. It just means that, if we are truly to have life to the full, that means experiencing the range of emotions life has to offer us.

**Mr Richard Chapman
Principal**

CALENDAR

Wednesday 28th November	9.00am -10:30am Playgroup @ Star Triathlon (Secondary) NO LITTLE STARS TODAY (for 2019 Kinder enrolments)
Thursday 29th November	NHSSA Athletics NO PRIMARYASSEMBLY
Friday 30th November	Presentation Day Feast
Monday 3rd December	Year 10 Exams begin
Tuesday 4th December	Year 6 Orientation Day
Wednesday 5th December to Friday 7th December	Year 8 Camp

Star of the Sea Catholic College acknowledges the Leterremairener people as the traditional custodians of the land on which our school stands.

Religious Education and Faith Development



Heart

Spirituality

Attentiveness



Hospitality

Compassion

Lighting the Way

On **Friday 30th November** we are going to reflect on our Presentation history and charism and celebrate the many blessings God has bestowed on our community.

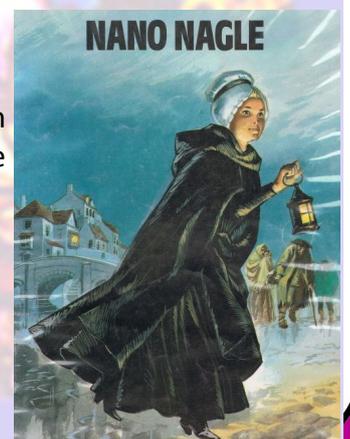
The Presentation Sisters began our school in 1957. In the spirit of Nano Nagle, they kept the light of faith alive in our College through love and service to the community. This week it is our turn to keep the 'light alive' through good works, service to others and gratitude for all who have gone before us.

We will live out the Presentation Spirit this year by being attentive to the needs of the poor and showing true compassion and hospitality. As part of our celebrations on our feast day, we are asking all students who wish to come in plain clothes, to **bring a non perishable food item** for the St Vincent de Paul Christmas hampers.

We will begin our College celebrations with a school **Mass at 11.30 a.m.** We welcome all parents and community members to attend.

The afternoon, organized by our secondary student leaders and Ms Stewart, will be an afternoon of fun, games, barbecue, feasting and lip-synching.

Nano Nagle was a woman who lived life with so much joy, compassion and gratitude, I am sure she will be smiling down on our College celebrations.



FAMILY AND SCHOOL WORKING TOGETHER

The media talk a lot about “bulldozer parents” or “lawnmower parents” who try to smooth the path of their children and clear any obstacles out of their way. Rather than falling into this trap, maybe we need to work together to build responsible children, who are responsible for their actions and their emotions.

This Week

This week will be quite a busy week.

We have a number of secondary students competing in the Triathlon on Wednesday, a lot of our secondary students competing in the NHSSA Athletics on Thursday, and our whole school participating in our Feast Day on Friday. We will try to keep parents updated as much as we can. Because of our events in the secondary school, our classes and class teachers will be altered somewhat.

Country Gold Cricket

Congratulations to Damian Thomas and Justin Hinkley who competed in the Country Gold cricket carnival yesterday and today.

Year 10 Exams

Next week our Year 10s will have a week of exams. The purpose of the exams is to give them an opportunity to experience what many will face in college over the next two years. We wish them well for their exams.

Staffing for 2019

We are happy to announce that Mrs Melissa MacGillivray will take on the role of Special Learning Needs Coordinator next year from Mrs Jones, who has stepped down from that role. Along with this, Miss Madeline White and Mrs Lynelle Davis were successful with their applications for teaching roles next year. Mrs Davis will be moving to George Town from Queensland where she has been teaching in Catholic schools for a number of years.

We hope that, in the coming week or so, we will be able to announce our Primary class structure and primary class teachers for 2019.

Year 6 Transition Day

Next Tuesday we will have our transition day for our Grade 6s coming into Year 7 in 2019. This will involve our current Grade 6s along with those from other schools who will be joining us next year.

Year 8 Camp

Next week our Year 8s go on camp to the east coast. We thank Mr Cook for his organisation of this, and we hope it will be good weather for them!

Presentation Feast Day

Next Friday, 30th November, we will be celebrating our Presentation Feast Day. This is a day for us to celebrate being part of the worldwide Presentation community and to remember our founders, Venerable Nano Nagle and the Presentation Sisters.

On the day:

- ◇ Students can wear casual clothes if they bring in something that can be put into our Vinnies Christmas Hampers. This could include non-perishable food items or toiletry items.
- ◇ We will celebrate Mass at 11:30am at the church.
- ◇ We will have lunch at 12:30pm. There will be a range of foods available to buy (more information to come) or students are welcome to order from the canteen on the day or bring their own lunch. The secondary students will organise some games for during lunch.
- ◇ We hope to start the Lip Sync Battle in the Hall at about 1:30pm.
- ◇ There will also be some quiet activities for those who need a break!

This is not a Kinder day, but parents are most welcome to bring in their Kinder child to join in some or all of the fun.

Grade 5 and 6 Camp

On Tuesday the 20th of November Grade 5 and 6 went on a camping trip to Blue Lagoon Christian Camp. On the way there we stopped at Campbell Town, Ross and Oatlands.

At Campbell Town we looked at the Red Bridge which was built in 1836 and the tree carvings next to it. Then we went to Ross where we visited a wool factory and a female factory. After that we walked to the Ross Bridge where we took some photos. Later on we stopped at Oatlands and had lunch and then we visited the Cannington Mill where they grind grain with a windmill to make flour.

A few hours later we arrived at Blue Lagoon. First we were settled into our cabins and then we were split into two groups. One group participated in archery and the other did rock climbing. After about half an hour the groups swapped over and did the other activities.

After the activities finished we were treated to a dinner of Shepherd's pie, which was delicious, then we had ice cream sundaes for dessert. Following the meal we prepared for MJR then later we tidied our rooms up so we could go to the games room. When it was time to get ready for bed we had hot chocolate and a biscuit.

The next day we travelled for an hour and half to Port Arthur. When we got to Port Arthur we went on a tour of the buildings and were then split into two groups to make bricks and 'break the code'. In the brick making area we were given a brick shaped mould which we had to wet and cover with sand. The sand was to stop the wet clay we were also given from sticking. Then we made the bricks. It was really good and fun. The clay we used was made from ground up convict bricks. After that we did 'breaking the code' using semaphores where we had to write messages in code and send them to the other group. While at Port Arthur we also went on a cruise to the Isle of the Dead which was scary, but interesting. Then it was back on the bus for our trip back to Blue Lagoon. Dinner on the second night was curried sausages, and dessert was cheesecake, both were yummy. Later that night we went on a beach walk and toasted marshmallows in the campfire. They were sticky and delicious.

The next day we packed up our rooms and had breakfast and some free time in the games room and on the giant slides before getting back onto the bus for the ride home.

Our first stop was Richmond Gaol where we saw the cells that people were housed in and the flogging rack where convicts were whipped. We also visited Old Hobart Town which is a model village, it was very interesting. We had some lunch in the park then we got to go to the Richmond Lolly Shop, which is the largest lolly shop in Tasmania. Then we got back on the bus to return home. We arrived safely but tired.

Thanks to the awesome adults, Mrs Mac, Miss Condric, Mr Griffiths, Miss Hardwick and Ms Scott for taking us. We all had a great time!

