

Star of the Sea Catholic College

Newsletter

12TH MARCH 2019

From the Principal

Some people may find this hard to believe, but, as a Principal, I don't actually think school should be the most important thing in our students lives.

Of course, I think it is very important and we should constantly be giving our children the message that it is very important. School sets us up for the future. It gives us the knowledge and skills we require to open up doors to opportunities that we would not have if we didn't go to school.

But it shouldn't be the *most* important thing. I would have thought having strong relationships within the family was much more important. Because it is when we have these strong family bonds that everything else, including school, becomes a lot easier. Our children need to feel they are loved and supported, and that allows everything else to fall into place somewhat. It is no surprise that the latest version of "Child

Protection" is called *Strong Families, Safe Kids*.

I say this after recently reading an article regarding the culture of communities towards the principals in elite Sydney schools. There are many instances of community members taking extraordinary efforts to denigrate the principal to try to force him or her out of the position. But as I read the article, the question I kept going back to was why? Why waste so much effort in trying to create division, when a more productive way to spend that energy would be to create unity? The division that was created in these circumstances would take years to mend and end up having a negative effect on the students and staff in the school, so why bother?

None of us will live forever. On the tomb of St Mary MacKillop in North Sydney is inscribed one of her many quotes - "Remember we are but travellers here." Mary

knew that her time on this planet was not all that long, so she spent it all doing as much good as she could. Nano Nagle did the same. Right up to her death she spent her time trying to do as much good as possible. Neither of these women wasted time creating division or disharmony, because every minute, every ounce of energy doing that would have taken away time and energy from the poor and marginalised.

We, too, are challenged to spend our time here on Earth trying to do as much good as we can. And the first place to start that is always within the family.

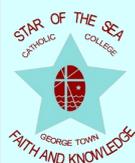
At Star of the Sea Catholic College, we are called to teach our students what's worth spending time on so that we can fully flourish as human beings.

**Mr Richard Chapman
Principal**

"Remember we are but travellers here."

- St Mary MacKillop of the Cross

Learning
Believing
Belonging
Respecting
Reaching Out
Personal Best



CALENDAR

Wednesday 13th March	<ul style="list-style-type: none">• Early Learning 9am to 10.30am in Kinder Room• Year 3 -10 Swimming Carnival (Star canteen closed)
Thursday 14th March	<ul style="list-style-type: none">• 4.00 - 7.00pm College Fair• NO PRIMARY ASSEMBLY
Friday 15th March	<ul style="list-style-type: none">• Year 1 - 4 TSO performance in Launceston• Year 8 Just Leadership Day in Devonport• Year 9 Artrage Excursion
Wednesday 20th March	<ul style="list-style-type: none">• Catholic Education Week Mass• Catholic Education Week Awards• Early Learning 9am to 10.30am in Kinder Room

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

“God help us to change.

To change ourselves and to change our world.”

As we enter into Lent it is a good time to reflect on the opportunities the season brings and a chance to look at how we participate as members of one diverse, and marvellous human family. Lent is a time given over to repentance and becoming the best version of ourselves. Words are important but they only become meaningful when we act on them.

Life itself is sacred for all people. When we look at one another we realise how much we really have in common. Whatever our culture or religion we all want the same things: food, shelter and good health. We want to feel safe, we want happiness for ourselves, and our families, and we want to know our lives have purpose and value.

This week we launched Project Compassion and the face of Project Compassion this year is Thandolwayo. Before Caritas helped her village to install a solar powered water pump to provide clean water to the village, Thandolwayo's basic human needs were not being met and life was precarious at times. Now she and her village live life joyfully and are self-sustaining.

With this in mind, we appreciate the many gifts God has given and look to see where we can further justice in our world. This week.....

Heart
Spirituality



Attentiveness
Hospitality



Ash Wednesday



Y10 students served pancakes



Project Compassion



Year 7 celebrated class prayer

Stars of the Week - 7th March 2019

Kinder	Ether Daire	For putting his hand up at mat times to share his ideas.
Prep/1	Chelsie Jenkins	For demonstrating what 'whole body' listening looks like every time she sits on the mat.
Grade 2/3	Indiana Cartwright	For always producing her best work in class.
Grade 4	Axle Sturzaker	For focusing on his work and not getting distracted by others.
Grade 5/6 D	Belynda Hyland	For her attention to detail in all writing activities. Well done!
Grade 5/6 W	Thalia Sturzaker	For taking the time to include lots of detail when writing her science observations. Well done!

FAMILY AND SCHOOL WORKING TOGETHER

When our children are getting a little bit too fixated on school, it's probably time to give them a gentle reminder. Yes, school is important, but more important are our relationships within our family.

Primary Assembly

There will be no primary assembly this week due to the school fair being held that day.

Early Learning at Star of the Sea

Don't forget that Early Learning for children aged birth to 5 and their parents takes place in our Kinder Room on Wednesdays from 9:00am to 10:30am. All are welcome.

Immunisation Forms

It is necessary that all completed immunisation forms for Years 7 and 10 are returned to the College by Friday 29th March. It will be necessary to forward any forms not returned by this date to George Town Council.

Thank You

A big thank you to Mrs Thomas, Mrs Power, Mrs Chapman and Ms Wagg who cooked all of our pancakes last Tuesday for Shrove Tuesday.

Interim Reports

Our Interim Reports will be sent home soon. These reports are designed to give parents an idea as to how well their child has settled in at the beginning of the year.

Star of the Sea Swimming 2019 tomorrow, Wednesday 13th

Just a reminder to all students, parents and families that the Star Academy of Sport Swimming Carnival is being conducted at the **George Town Aquatic Centre on Wednesday 13th March**. The swim program will start at 9:15am and is due to conclude at approx. 2:40pm.

Please be aware in the past we have moved through the program slightly quicker and I imagine we may do so again this year. Students will need to bring a hat, sunscreen, plenty of water and a packed lunch as only light snacks will be available at the pool canteen. Tea and coffee available for parents at the canteen.

Students are required to attend on the day and if they are unable to swim for any reason there will be helpers needed. We look forward to a fantastic day on the water.



Holy Communion

Our Lady Star of the Sea Parish

Children's Sacramental Program



Confirmation

Dear Parents/Guardians,

Our Lady Star of the Sea Parish is starting our Children's Sacramental Program for 2019 shortly.

If your child is in Year 3, or higher, and they wish to prepare for the Sacraments of Reconciliation, Communion and Confirmation, please contact Mrs Nora Wood on 0402 113 546 to register your interest.



Digital devices during family time could exacerbate bad behavior

By Michael Hawton, Child Psychologist (MAPS) and ParentsShop founder.

Parents who spend a lot of time on their phones or watching television during family activities such as meals, playtime, and bedtime could influence their long-term relationships with their children. This is according to researchers (Brandon T. McDaniel of Illinois State University and Jenny S. Radesky of the University of Michigan Medical School) who say so called 'technoferece' can lead children to show more frustration, hyperactivity, whining, sulking or tantrums.

The same research shows that we are letting technology interfere with primal things, like looking after our offspring. From a biological point of view, children are 'pack animals' who need the connection with their pack if they are to survive and flourish. Having worked in the children's court for many years, I have seen parents distracted from their primary task of caregiving by drug addiction or by their own mental health needs. This is not that different. What is going on here is that parents are allowing this bright and shiny distraction – called their device – to determine what they do.

Observably, the overuse of devices by parents leads to greater tension in the household both with kid's behavioural issues and parents getting angry when they're disturbed by their children.

The pattern which gets repeated is that the child seeks their parent's attention (which is their basic need), the parent fobs them off, the child ups the ante and then the parent feels annoyed and may lash out. This is a cycle that can only be broken by one party though – the parent.

Some tips for parents 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 parenting course (Talk Less Listen More); 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 attachment with children (especially under age five). If we're letting our need for devices have ascendancy over relationships, this is not in our child's best interest.
3. How do you want your child 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?

The physiological science behind children who are 'acting out' while craving attention from their parents

It is important to realise that the equilibrium of any child's nervous system (which is spread throughout his or her body) is dependent on the people with whom the child has an attachment. In other words, parents are the main 'instruments' – for want of a better word – who calm down children by connecting with them, stroking them, reassuring them and saying things to help them identify how they feel about things. Children don't have the ability to calm themselves down until they get older.

If kids don't receive attention in the day-to-day interactions they may have with their parent, they'll possibly go to extremes to make their needs well known. Children may be misbehaving more, because they aren't getting enough of their parents' attention.

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?

Continued over

I think parents have the right to not be interrupted (perhaps they're working or doing something important) but, maybe they should also have the kids minded while they are working. At a practical level, it's about preparation and it's about set-up.

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

Shrove Tuesday

Some of our students enjoying the pancakes. Thank you to the parents and students who helped to prepare them.



Prep/1 Science

In Physical Sciences we are looking at light, it's sources and strengths. We created 'Rainbow Fish', using natural light to highlight colours. We discovered that new colours are formed when two colours blend



Year 5/6 Science

Over the last two weeks, as part of their Science Unit this term, the year 5 and 6 classes have been busy exploring how electrical circuits work. This has involved them experimenting with the task of 'how to make a light bulb glow' with only some insulated wires and some batteries. The students even had some fun trying to get an electrical charge out of a lemon and a potato!



FAIR NEWS

Thursday 14th March

4:00pm-7:00pm



There is still time to donate to our Bric-a-Brac stall via the box in the Primary Gallery.

Can you contribute to our Cake Stall?
Notices went home last week giving details of how you can.

Entertainment	Cost
Rides	\$6.00
Lucky Dip	\$2.00
Show Bags	\$6.00 or 2 for \$11.00
Last Man Standing	\$5.00
Grass Heads	\$3.00
Face Painting	\$1.00 Small \$2.00 Medium \$5.00 Large
Balloon Popping	\$2.00 each or 3 for \$5.00
Helium Balloons	\$2.00
Chocolate Toss	Gold Coin
Jumping Castle	Free
Chocolate Wheel	TBA
Food	Cost
Jacket Potato	\$7.00
Nachos	\$5.00
Hamburgers	\$3.00
Sausages	\$1.50
Drinks	\$2.00
Water	\$1.00
Donuts	\$1.00 each or 6 for \$5.00
Pop Corn	50c
Jellies	50c
Cake Stall	Various Prices
Food Vans	

A late inclusion to our Fair is the Launceston PCYC who will be running some games and activities in our Gym.

The two gates near at the far side of the Primary Campus will be closed from Wednesday afternoon to allow for our rides to set up. Please enter the school using the other entrances.