

Star of the Sea Catholic College

Newsletter

26TH MARCH 2019

From the Principal

Last week I attended a conference where Andrew Fuller was one of the speakers. Andrew Fuller is a psychologist, author, and consultant for ABC children's television amongst other things.

In his presentation he brought us up to speed around the latest brain science and how that affects students. But one of his key messages was this. In all of his research, despite all of the well-intentioned programs that are out there to build resilience in children, one of the most effective things he has seen is having an adult, who is not the child's teacher or parent, tell a child what their strengths are.

We often don't realise the positive and negative effects that we as adults can have on the children of others. I am sure that we are not the only family in history who have had adults from

outside the school and the family think it might be a good idea to tell one of our children what they are doing wrong. As you can imagine, that's not the greatest way to build resilience in children.

On the other hand, we have also had adults outside the school and family give positive comments towards our children, letting them know that they have recognised a strength. Quite often my children don't know how to respond to this, but it pleases them all the same, and they often leave that interaction with a smile on their face, walking a little taller.

Jo Palmer recently spoke at a breakfast for International Women's Day and spoke of her observation that we are quick to judge others and their children. She spoke about it from the point

of view that, while we are quick to judge, we usually have no idea of what is going on for that family behind the scenes and the challenges that each family is facing.

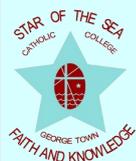
So we have the power as adults to have a positive or negative impact on children in our community, and it is important that we are aware of this. If we hope to build a society where everyone feels welcomed and has a sense of belonging, what we say to the children in our society has important part to play. If we can keep that positive, and recognise the strengths in our children, then we will go a long way to building that welcoming environment.

Mr Richard Chapman
Principal

Leaders magnify
the strengths of
others, on the
weaknesses.

- Anonymous

Learning
Believing
Belonging
Respecting
Reaching Out
Personal Best



CALENDAR

Wednesday 27th March	• 9:00am to 10:00am Early Learning at Star
Thursday 28th March	• 2:15pm Primary Assembly
Friday 29th March	• Relay for Life Fundraiser — Plain Clothes Day (Gold Coin donation)
Wednesday 3rd April	• TPSSA Carnival • 9:00am to 10:30am Early Learning at Star
Thursday 4th April	• 2:15pm Primary Assembly

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

Caritas Youth Justice Leadership Day

We've all played monopoly before but have you ever played the game knowing there is no chance you will improve your prospects and every chance you will find yourself in more debt? Have you ever played the game where some players get given large amounts of property and money and opportunities to increase their wealth and others get little or nothing? Well, our Year 8 students participated in such a game at the Youth Justice Day recently held at St Brendan Shaw College in Devonport where they learned what life is like for most people in our world, and yes, those whose character began the game as low income or subsistence worker very quickly became frustrated and defeated. One of our students commented that he was better off in gaol because at least he was fed and housed and didn't accumulate further debt. This was only a game but it showed the students how life is for more than half of the population of the world and what we take for granted is not the norm in many countries.

The day was facilitated by Caritas Australia and the day's activities evolved around learning about our world and distribution of resources, understanding social justice issues and encouraging students to be just leaders

Caritas is an organisation which helps the world's poor become self sufficient so that they don't have to rely on charity. Each year, Catholic schools and parishes participate in Project Compassion during Lent to fundraise and grow in awareness. Project Compassion is Australia's largest annual humanitarian fundraising appeal.

Each year, we at Star of the Sea Catholic College raise money to assist projects that will contribute to building healthy self-sustaining communities through our Money Line. The Money Line this year will be held on Tuesday 9th April. I encourage all our students to begin collecting all their small change. This is a house competition so your efforts will help your house be the champion house and change lives.

Heart
Spirituality



Attentiveness
Hospitality



Stars of the Week - 21st March 2019

Kinder	Temprance Mather	For coming to the mat quickly and putting her hand up to speak.
Prep/1	William Holz	For being so eager to complete his numbers work.
Grade 2/3	Maddison Hyland	For demonstrating a great understanding of number.
Grade 4	Shiloh Leslie	For her excellent attitude towards completing work to a high standard.
Grade 5/6 D	Maeve Lazdauskas	For consistently completing her work neatly and demonstrating pride in her abilities.
Grade 5/6 W	Luke Chapman	For consistently completing his work to a high standard within set deadlines. Well done!

FAMILY AND SCHOOL WORKING TOGETHER

Do our children know what their strengths are? Do we tell them often enough? It is always worth reflecting upon whether we let our children know what they are good at, because if we don't tell them, how will they know?

Grievance Procedures

Sometimes things don't go the way we would like and parents or students may have a grievance. It is important that we have good procedures for handling grievances so people feel heard and, if action needs to be taken, it can be done so in a timely fashion. The Tasmanian Catholic Education Office has developed a Grievance Procedure for all members of the catholic Education community (staff, students, parents) and can be found on their website <http://catholic.tas.edu.au>.

The School Grievance policy can be found by accessing the policies section on the bottom right of the page. As always, the person closest to the issue is usually the best person to speak to first (e.g. a class teacher), but the policy also provides further steps.

Cancer Council Fundraiser

This Friday, 29th March, we will be holding a fundraiser for the Cancer Council. Students are invited to wear casual clothes for a gold coin donation, and we will be planting wooden daffodils on the lawn outside the front office as a sign of our solidarity with those who have been affected by cancer. We will also have a small ceremony at 12:30pm which will be attended by some local politicians and community leaders.

NHSSA Swimming and TPSSA Athletics

Our secondary students competed today in the NHSSA Swimming Carnival, whilst next Wednesday our primary students will compete in the TPSSA Athletics Carnival. We wish them the best of luck!

College Fair

Star of the Sea Catholic College would like to thank the following businesses and people who contributed to our Fair and helped to make it such a big success:

*Pink Poodle Vintage
George Town Hotel/Motel
George Town Garden Centre
George Town Take Away
News Xpress
George Town School Shop
George Town Laundromat
Stephen Barron and Bronk's Brushes
Main Street Meats
Signature Cafe
Bank of Heritage Isle
Bridport Pharmacy
Tim Jacobs and the George Town Ambulance Service
Devil's Coffee Van
Tassie Sweet and Savoury Stix
Xtreme Rides*

All parents who donated time or goods to the various stalls.

The Parents and Friends who contributed to the organising of the event, especially Jacqui Thomas, Belinda Chapman, Kate Harris, Suzanne Rowley, Rozina Bell, Ben Penfold, Kristy Peet, Bec Lyons and our Fair Coordinator, Naomi Cox.

And of course the staff and students of Star of the Sea Catholic College.

CATHOLIC EDUCATION WEEK 2019

25 YEARS OF SERVICE

KATHLEEN BAKER



‘STEM Fridays’

On Fridays this year, students will be working with Miss O’Toole in small groups with the focus on STEM. Throughout the year all students will have a go at a STEM project.

What is STEM?

STEM stands for Science, Technology, Engineering, & Maths. STEM skills and knowledge are important for all stages of our learning, jobs and everyday lives.

Why STEM?

"To succeed in this new information-based and highly technological society, students need to develop their capabilities in STEM to levels much beyond what was considered acceptable in the past." (National Science Foundation)".

Benefits of STEM:

"The Australian Government regards high-quality science, technology, engineering and mathematics (STEM) education as critically important for our current and future productivity, as well as for informed personal decision making".

**Groups began last Friday 22nd March. Watch this space for some photos of our projects! **

Winter Uniform

In Term 2 we move into winter uniform. Parents may want to check to see if last year’s uniform still fits. The uniform shop is open on Thursdays 2-4pm

If you are representing the College in the Anzac Day Parade, full Winter uniform will be worn.

Immunisation Forms

It is necessary that all completed immunisation forms for Years 7 and 10 are returned to the College by **Friday 29th March**.



Our Lady Star of the Sea Parish Children’s Sacramental Program



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,



Three tips for helping children deal with frightening world events

By Michael Hawton, Child Psychologist (MAPS) and Parents' shop founder.

As events of violence and terrorism are apparently being more regularly reported, an increasing number of children are being affected by exposure to these frightening stories. Many parents are wondering what they can do to protect their children from the effects of vicarious anxiety provoked by these media reports.

We need to recognise that we (parents) have the fully-adult, psychological minds and that we are able to plan, reason and organise our thoughts better than children who do not yet have fully developed minds; they won't have this mature mind until they reach their early twenties. Our children's minds then, are more prone to get distressed when they are exposed to frightening events compared to adults – particularly where they see images of people who are upset, scared and crying.

If part of our job as parents is to protect our children's well-being then we need to shield them from heavily publicised world events that might cause them fear and worry. As children hear more and more about distressing things, repetitive 'hearing' or 'viewing' can accumulate stress in their minds. Anxiety can build in other words.

So, my first tip is, once you've seen or heard a frightening world event, don't keep watching it over and over. Turn the TV off or turn the radio to another station. Try to minimize your children's exposure to the news of these events. Be especially aware that images seen on television (or video footage on online media platforms) have a particularly powerful effect on children, especially very young children. If you do need news updates, then maybe read about it privately online.

Try to minimize your children's exposure to the news of these events

If they say they are worried about what they have seen my second tip is try and hear their feelings before moving on to another topic. You can listen to them by simply acknowledging what you believe they might be experiencing. Through this acknowledgement, you're giving them congruent emotional feedback, which is an essential element of helping children grow their emotional intelligence. Remember your acknowledgment of how they are feeling is not your agreement about how they are seeing things. Just tune-in to what they are saying and where you can, make statements about what you observe – 'So, seeing those people made you feel pretty worried that it could happen here' or 'If I saw something like that I think I would be upset too'.

Help your children get things in proportion

Third tip. Help your children get things in proportion. In Australia and New Zealand we live in very safe societies. Without being Pollyanna about it, children need to be reminded that the news – particularly overseas news – represents only a tiny small slice of what is going on in the world. For better or worse, the news tends to focus on the destructive, frightening and violent events which makes the news, well, news! As adults, we know that it's not a balanced picture of the world. Let your children know that where you live has been and will continue to be a generally safe place and that there are structures in place to keep everyone that way. Explain that the news event they may have seen is not happening everywhere. If it is something that happened overseas, explain that it is not happening in our country, our city or our neighbourhood.

*Michael Hawton is founder of Parents' shop, providing education and resources for parents and industry professionals working with children. He has authored two books on child behavior 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.parentsshop.com.au/parent-courses/>*

Shout Out Week 6 Term 1, 2019

Name	PBS	Reason
Harry Lignier	S	Helping keep our classroom safe.
Zoe Gillies	R	Working hard at the whole body listening.
Brooke Baillie	E	Enthusiasm in all activities.
Declan Anlezark	R	Whole body listening.
Ruby Davidson	R	Using her whisper voice during work time.
Bonnie Leslie	E	Creating an impressive birthday card for Mrs Stepsys.
Darcie Power	E	For her wonderful imagination.
Hunta Burton	S	Working hard to improve his number skills.
Ruby Davidson	L	Listening straight away when asked to.
Belynda Hyland	E	Always being kind to other classmates.
Allira Harris	E	Being helpful during pack up.
Hunaisha Ahmed	R	Being a kind friend.
Ether Daire	L	Great counting skills.
Lindsie Barrett	R	Being a kind friend.
Ryder Hawkins	S	Being a good friend.
Thomas Singline	R	Using his good manners at school.
Arthur Millen	E	Sharing interesting facts with his class.
Finley Upston	L	Learning to sit on the mat and be a good listener.
Allira Harris	S	Being safe during learning times.
Declan Anlezark	L	Being a helper.
Ryder Hawkins	R	Working hard at his whole body listening.
Giovanni Gandolfi	E	Being focussed during Geometrocity.
William Holz	E	Working so hard to improve his writing.
Chantz Brown	S	Packing away play bay safely.



Shout Out Week 7 Term 1, 2019

Name	PBS	Reason
Scarlett Bailey	R	Being a helper at pack up time.
Ashton Harrison	S	Demonstrating great leadership at the Face Painting stall.
Kate Symes	L	Having "a go" during reading activities when it was hard to do.
Harry Lignier	E	Excellent reading in the Library session.
Bernard Moore	S	Keeping our yard clean.
Tommy Smith	S	Helping pack away without being asked.
Hunaisha Ahmed	R	Relaxing in the right way.
Alex Bailey	E	Remaining focussed and on task during Geometrocity.
Archie Parker	R	Relaxing in the right way.
Jesse Lewis	L	'Having a go' during Geography activities.
Archie Parker	E	Great drawing of Miss H.
Ashton Meessen	R	Being a respectful listener in story time.
Belynda Hyland	E	Excellent reading in the library session.
Scarlett Baillie	E	Teaching Maths to Preps.
Taylor Thomson-Strain	E	Excellent reading in the library session.
Hunta Burton	E	Remaining focussed and on task while using reading eggs.
Erin Vanderzwan	E	Excellent reading the library session.
Lucinda Hockey	S	Helping to organise 'Clean Up Australia Day' bags.
Alex Baillie	L	Working hard to improve the neatness of his handwriting.
Carlie Lowe	E	Being a good listener and for sharing her ideas in class discussions.
Lillian Mather	R	Being a respectful listener during storytime.
Allira Harris	E	Cleaning up the classroom so well with being asked.
Lucinda Hockey	S	Helping to pack up the classroom at the end of the day.
Maeve Lazdauskas	E	Excellent reading in the library session.
Alex Baillie	S	Great work during Art group activities this week.
Zoe Gillies	R	Relaxing at the right time.

Continued over

Hayley Ford	E	Excellent reading in the library session.
Miley McFarlane	R	Being a respectful listener during storytime.
Lachlan Crick	R	Listening to messages at recess time.
Maddie Milner	R	Saying thank you to the person holding open the door.
Laila Gross	L	Naming the colour of her pencils.
Hunaisha Ahmed	L	Using her whisper voice during work.
Ruby Davidson	R	Relaxing in the right way.
Billy Power	E	Sharing his ideas in class discussions.
Billy Power	R	Being a helpful, caring person towards a younger student.
Sianna Brunacci	L	Always asking for feedback and seeking help when needed.
Hunaisha Ahmed	L	Wonderful writing of letter 's'.
Ryder Hawkins	L	Using his whisper voice during work times.
Henry Pride	E	Joining in a singing and dancing time.
William Holz	R	Relaxing in the right way.
Lily Hockey	S	Helping organise 'Clean Up Australia Day' bags.
Lily Hockey	R	Picking up rubbish at the swimming carnival.
Lily Hockey	S	Picking up rubbish without being asked.
Scarlett Bailey	R	Relaxing at the right time.
Sabian Hawes	R	Relaxing in the right way.
Karol Aziz	L	Being an attentive and engaged learner.
Reagan Widdowson	L	'Having a go' during writing activities when it is hard to do.
Erin Vanderzwan	R	Always using her initiative when it comes to cleaning up our room.
Declan Anelzark	S	Helping to keep our class clean.
Finley Upston	E	Joining in with singing and dancing.
Huntar Carnie	R	Letting Finley sit next to Thomas without making a fuss.
Giovanni Gandolfi	L	Always displaying 'growth mindset' during literacy activities.
Blake Miller	R	Picking up a piece of 'yucky' rubbish even though it wasn't his.
Tyler Berne	E	For his enthusiasm during swimming.
Tyler Berne	L	Always having a smile on his face during mathematics.
Sabian Hawes	E	Teaching Maths to Prep.
Allira Harris	E	Teaching Maths to Prep.
James Holz	L	Trying hard when writing his weekend recount.
Ryder Hawkins	R	Relaxing in the right way.

PBS Focus: Respect:

We play with our hands off others



**BEE BOP
DANCE STUDIO**



Sunday 7th April

10am-3pm

George Town Memorial Hall

FREE ENTRY

FREE KIDS ACTIVITIES

Alpacas, Photo Comp, BBQ, Kiosk, slushies, doughnuts,
Cake Stall, \$2 Garage Sale, 20c Raffle, Chocolate Wheel

Jumping Castle \$2 1 turn or \$5 all day

Face Painting for donation

AND SO MUCH MORE

More Info: Mel – 0418 339 616

Presentation

2019 STAR OF THE SEA MONEY LINE

Regina

Nagle

The money line is going to be held on Tuesday the 9th of April in the school gym, we are encouraging everyone to participate and wear house colours. Whichever team gets the **longest** line wins. It doesn't matter how much you raise it matters how long your line is.



All the money we raise will be going to Project compassion.



Free Clothes Day!

For students to wear free clothes they will be required to bring in a gold coin. It would be appreciated if you could bring as much as you can, but every dollar counts.

On Friday the 29th of March, Star of the Sea is having a free clothes day to raise money for cancer. The money we raise will be going to Cancer Council Tasmania to help raise awareness of cancer and also to help fund research.