

Star of the Sea Catholic College

Newsletter

5TH MARCH 2019

Do all you can with
the means at your
disposal and
calmly leave the
rest to God.

- St Mary MacKillop

Learning
Believing
Belonging
Respecting
Reaching Out
Personal Best



CALENDAR

From the Principal

Tomorrow the Catholic Church enters the period of the year known as Lent.

Traditionally these forty days that lead up to Easter are a time for prayer, almsgiving and fasting. It is a time for us to reflect upon our lives, for asking ourselves where we can go better as human beings.

It would seem the time is appropriate at the moment for the Catholic Church in Australia. In a year where it has been hit by the findings of the Royal Commission, and now the conviction of Cardinal George Pell, it seems the Church has a lot of soul-searching to do.

But Lent is not a time for navel-gazing and feeling sorry for ourselves. We are still called to action everyday during Lent through prayer, almsgiving and fasting. Fully flourishing as human beings does not mean we bemoan what is happening in the world around us. It means we act

misery. Jesus himself, in the Gospel for Ash Wednesday, calls on us not to look sad or dismal in this time of Lent, but to put "oil on our heads and wash our faces." In other words, to continue living lives of action.

So our reflecting over Lent at our disposal, and leave the rest to God. St Oscar Romero recognising things which are not helping us to flourish and letting them go, but it should also be about our continual call to action and to building the Kingdom of God.

Mr Richard Chapman
Principal



Advance Notice: Wednesday 13th March - Yr 3-10 Star Swimming Carnival

Thursday 14th March - College Fair

Wednesday 6th March	<ul style="list-style-type: none">• 9am till 10.30am Early Learning at Star of the Sea, Kinder Room• 10:10am Ash Wednesday Prayer Service
Thursday 7th March	<ul style="list-style-type: none">• 2:15pm Primary Assembly
Monday 11th March	<ul style="list-style-type: none">• Public Holiday
Wednesday 13th March	<ul style="list-style-type: none">• Year 3 -10 Swimming Carnival (Star canteen closed)
Thursday 14th March	<ul style="list-style-type: none">• College Fair
Friday 15th March	<ul style="list-style-type: none">• Year 1 - 4 TSO performance in Launceston• Year 8 Just Leadership Day in Devonport

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



GIVE LENT 100%

Project Compassion Money Line

On Ash Wednesday our College House Captains will launch our Project Compassion Money Line for 2019. This is a long-standing tradition and fundraiser at our College. We join all the Catholic schools around Australia to stand in solidarity with the world's poor and to help end poverty and promote justice. We are so blessed with many things and the money line gives us an opportunity to share the goodness God has graced us with.

The face of Project Compassion this year is Thandolwayo from Zimbabwe. She is a twelve year old who would walk seven kilometers each day, threatened by crocodiles, to collect contaminated water for her family. It seemed she would never finish her education and become a nurse, until a Caritas Australia project created access to clean water, helping Thandolwayo to stay at school giving her hope for the future. Lives do change when we give 100%.

The money line is an inter-house competition so get behind your house and start collecting all that loose change. We raised \$640 last year and made a line of coins more than 160 meters in length. So in true Presentation spirit let's do even better this year. This year our money line will be on **Tuesday 9th April**.

Ash Wednesday - 6th March

We will be holding Ash Wednesday prayer services in the College at 10:10am for Years 4 -10 in the Church and Prep - 3 in the Primary Gallery. All are welcome to attend.

As Ash Wednesday is a day of fasting in the Catholic liturgical calendar no meat products will be sold in the canteen that day.

Stars of the Week - 28th February 2019

Kinder	Tommy Smith	For happily joining in with all Kinder activities.
Prep/1	Chantz Brown	For learning her class routine so quickly.
Grade 2/3	Jai Jacobs	For demonstrating good listening behaviours during story time.
Grade 4	Macklin Grimsey-Boersma	For applying himself across all subject areas and trying his absolute best!
Grade 5/6 D	Giovanni Gandolfi	For his enthusiasm and creativity in all Literacy Writing activities!
Grade 5/6 W	Bronte Lignier	For being a leader in our classroom by following classroom routines. Well done!

FAMILY AND SCHOOL WORKING TOGETHER

Can we bring Lent into our families this year? Can we give up some of our luxuries to stand in solidarity with the poor? Can we spend some time in prayer, even saying grace before meals? Can we collect money for our Money Line in April to give to Caritas?

Staff News

Mrs Sally Walters is taking Long Service Leave this week. Her classes will be covered by Mr Stepsys. Mr Stepsys will also cover some other classes to give teachers time to create Learning Plans for students.

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.

Next Week

Next week is a busy week (to say the least) with a Public Holiday on Monday, our Swimming Carnival on Wednesday, our Fair on Thursday and a number of classes on excursions to either Launceston or Devonport on Friday! Please keep an eye on any notices that go out in the next two weeks.

Ash Wednesday

All are welcome to join us in the church for our Ash Wednesday service at 10:10am tomorrow. During the service our staff and students will be marked with ashes on their forehead as a sign of repentance. While this may seem like a strange idea, the ritual dates back a long time to when people showed they were sorry for something by throwing ashes over their heads.

In the Catholic Church, Ash Wednesday and Good Friday (the Friday before Easter) are times of abstinence when Catholics abstain from eating meat.

Because of this there will be no meat products sold at the canteen tomorrow.

Clean-up Australia Day

On Friday 1st March our students participated in Clean-Up Australia day by going around George Town and picking up rubbish. Well done everyone for making our town even more beautiful.



Great job Year 9!



Thank you for helping to

Clean Up Australia Prep/1

Shout Out Week 4 Term 1, 2019

Name	PBS	Reason
Harry Lignier	R	His positive attitude and being an awesome helper in music.
Hayley Ford	R	Being an awesome helper in music.
Hayley Ford	R	Excellent behaviour in Library.
Sianna Brunacci	E	Staying focussed during all learning activities.
Sianna Brunacci	R	Using beautiful manners in our classroom.
Lachlan Crick	S	Playing respectfully & safely during lunch.
Scarlett Baillie	L	Great work on silly sentences.
Taylor Thomson-Strain	L	An amazing attention to detail in Art this week.
Taylor Thomson-Strain	R	Talking kindly and respectfully to others in our classroom.
Maeve Lazdauskas	E	Working diligently to improve her skills in her learning.
Allira Harris	L	Great work on silly sentences.
Charlotte Power	R	Excellent behaviour in Library.
Maddison Hyland	R	Being a good friend to others in her class.
Tylar Berne	L	His amazing effort at learning his times tables.
Maddi Hyland	L	Beautiful work all morning in literacy.
Hunta Burton	L	A great attitude to his maths learning this week.
Ashton Harrison	L	Excellent attitude to improving his multiplication skills.
Kate Symes	S	Helping to keep our classroom safe.
Jesse Lewis	L	Asking for help with the tricky questions in science.
Tylar Berne	L	Having a go at swimming. Well Done!!!!
Jesse Lewis	E	Being completely engaged in music and with a positive attitude.
Blake Miller	E	Showing interest in metronomes and keeping the beat in music.
Alex Baillie	R	Working hard to stay on task, even when it is hard.
Miley McFarlane	R	Consistently listening to and following instructions.



PBS Focus: Respect: Wait your turn to speak.



Shout Out Draw Winners:

Luci Hockey- Class Game

Maverick Watson - \$2 Canteen Voucher

Star of the Sea Swimming 2019



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. More information will go out to families prior to the carnival.

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



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.



Not every act of meanness is bullying

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

One of our jobs is to help children and young people to interpret events proportionally. However, in recent times, I have seen a shift involving the wrong application of words like *trauma, depression and bullying*. When these very meaningful words are misused, their misuse can result in unwanted consequences. What might be the ‘unkind’ behaviour of another may, in fact, not be ‘bullying’. In this article we discuss the differences between unkindness and bullying – and how defining the two correctly can teach kids resilience and how to cope with conflict.

Anyone who spends a great deal of time with children or simply remembers their own childhood, would know that children can be downright mean. An experiment by Debra Pepler at York University brought together children from years 1 to 6 who were identified by their teachers as particularly aggressive or particularly non-aggressive. What the study found was that, on average, mean behaviour from the aggressive children was displayed every two minutes and, most revealingly, from the non-aggressive children every three minutes.

Conflict is unfortunately a part of life that we all deal with, no matter what age.

Bullying is, however, way more than that and can have serious and sometimes tragic consequences. Yet the term ‘bullying’ seems to be readily bandied around these days for all forms of ‘mean behaviour’.

According to ‘Bullying No Way’, the National Australian definition of bullying is:

“an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert)... Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying”.

The key terms in the definition of bullying is ‘misuse of power’ and ‘repeated’. The key terms in the definition of what is not bullying is ‘between equals’ and while conflicts or mean and hurtful behaviour may upset a child tremendously, by labelling the mean behaviour ‘bullying’ we may be disempowering children.

It is important for children to understand the difference between someone being insensitive or mean and what constitutes bullying behaviour because being able to successfully resolve and navigate these situations is a huge step in their emotional growth and maturity. If the situation is deemed to be simply mean or hurtful behaviour it is important not to over-play this through misleading terminology (ie bullying) and offer ways for the child to address and resolve this themselves.

... calling every act of meanness bullying sends an unhealthy message: It says to kids, ‘You’re fragile. You can’t handle it if anyone is even slightly unkind to you.’

Eileen Kennedy-Moore

Continued over

Teacher and writer Braden Bell spoke in his article for the Washington Post about his own personal experience when hearing about one of his children experiencing negative and disparaging remarks from a co-worker. His initial fury led him to a biased judgement, defining the perpetrator as a bully but when he eventually calmed down, he realised it did not fit the definition (it was offensive behaviour but not bullying) and so he talked with his wife and then teenager to find a viable coping solution, which worked out in the end. A way parents can assist with this is by first acknowledging the mean behaviour, e.g., ‘that was mean/rude/unkind of her/him’ and then, as Bell suggests, prompting the child to seek some form of resolution or solution by asking “What are your choices?” And, as a follow-up, “What are the likely outcomes of those choices?”. This may not be easy because of heightened emotions and the initial responses may not be great.

Parents who react too defensively for their child at every negative encounter with their child’s peers may be doing more harm than good. In later years the child may not have the necessary tools to independently handle conflict and may feel ‘victimised’ in situations that don’t go their way, potentially causing social engagement and relationship difficulties in later life.

Further in her article in Psychology Today, Eileen Kennedy-Moore, wrote:

... calling every act of meanness bullying sends an unhealthy message: It says to kids, ‘You’re fragile. You can’t handle it if anyone is even slightly unkind to you.’ As these children grow older, they demonstrate less resilience, sometimes publicly. The kids got more easily and deeply upset about perceived offenses, including situations that were unpleasant, but weren’t really bullying. Beyond stunting their emotional maturity, their heightened reactions had negative social consequences, as peers responded by disengaging from them.

By defining the behaviour correctly, we are encouraging our kids to assess and respond in a way that with long term practice, creates resiliency and emotional maturity.

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/>

Year 9 Art and Design class putting the finishing touches to our Fair sign. Special thanks to Keegan (Year 7), Hayley and Rachel (Year 8), who have helped during their lunch time.



FAIR NEWS

Thursday 14th March 4:00pm-7:00pm

Our Fair committee meets every Friday at 9:00am in the secondary campus,
and all are welcome to join in and help out.

Chocolate Wheel

Show Bags

Plenty of Food

Fun & Games

COFFEE/TEA

Lucky Dip

RIDES

Bric-A-Brac

BBQ

And lots more!!!!!!

Cake Stall



If you would like to set up a stall on the day. Please contact the College Office on 6382 1242.
For a small fee you can set up a stall and sell your wares.

Grade 2/3 urgently require the following for their stall at the Fair. If you can help please send items to the Year 2/3 classroom or College office.

Stockings or stocking socks



Googly eyes



Looking to make some space in your home? Here's your opportunity!

We will be holding a Bric-a-Brac Stall at this coming school Fair. Your donations of toys and household items would be greatly appreciated. There is a Bric-a-Brac donation box located in the Primary Gallery area where you can leave your items. Anything not sold after the school Fair will be donated to Vinnies.



As part of the Fair we will be holding a Cake Stall.

Information about an opportunity to bake something for it will go home later this week.



Unsplash - LSPH4502

 The Early Learning program is for children aged 0-5 and their families.

All are welcome to come to
Early Learning
at



Star of the Sea Catholic College

every Wednesday
during term time

9:00am - 10:30am
in
the Kinder Room
at
Star of the Sea

 Our Early Learning program is play based and provides activities for parents and children to learn together.



 Bring along a hat and a healthy snack.

 The program is for all early learners and their families in the greater George Town municipality.

 There is no cost involved.