

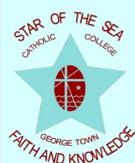
# Star of the Sea Catholic College

## Newsletter

27TH AUGUST 2019

There isn't time, so brief is life, for bickerings, apologies, heartburnings, callings to account. There is only time for loving, and but an instant, so to speak, for that.  
- Mark Twain

Learning  
Believing  
Belonging  
Respecting  
Reaching Out  
Personal Best



CALENDAR

### From the Principal

The Harvard Study of Adult Development is one of the longest studies of its type. For over more than 70 years it has followed the lives of over 700 men, trying to figure out what makes "the good life." And after studying all of the thousands of pages of interviews, blood tests, brain tests and everything else, one very simple conclusion was made.

Good relationships keep us happier and healthier.

The good life, that is being happy and healthy, doesn't come down to money. It doesn't come down to fame. It doesn't come down to the job we have. It simply comes down to our relationships.

It is perhaps worth reflecting on the three things the study found out about relationships, and what it means for us and our children.

It first of all discovered that we need good connections. These good connections keep us happier and healthier. Loneliness kills. People who felt more isolation in their lives live less

happy and shorter lives. How are our relationships with those close to us? How are our relationships with our children? How are our children's relationships with others?

Secondly, the study found that it wasn't the quantity of relationships, it was the quality. Those who reported satisfaction in their relationships were happier and healthier. Conflict, however, is bad for our health. People who held onto grudges with others were found to be much worse off. Do we hold on to grudges with others? Do we work on our relationships to strengthen them? Do we teach our children not to hold onto grudges?

And finally it found that good relationships not only protect the body, they also protect the brain. Those who had relationships with people they could really count on when the going got tough were mentally better off. Do we have people we can really count on? Can our children count on us?

So the moral of the story is that we need to really work on our

relationships with each other. We need to recognise the things which help us out and the things that make us sick. Doing things together with those close to us will help keep us happier and healthier. Getting involved in conflict on social media is toxic to our health and happiness. Every day we have a choice of what to do to keep ourselves strong, and what we do will become the model for our children to follow.

Within the Star of the Sea Catholic community we need to remember the importance of relationships and continually look for ways of making them stronger.

(for more information on this study, search Youtube for What makes a good life? Lessons from the longest study on happiness.)

**Mr Richard Chapman**  
Principal

Wednesday 28th August	<ul style="list-style-type: none"> <li>• Playgroup at Star 9.00am till 10.30am</li> </ul>
Thursday 29th August	<ul style="list-style-type: none"> <li>• 2:15pm Primary Assembly</li> <li>• 9:00am Father's Day Stall</li> </ul>
Friday 30th August	<ul style="list-style-type: none"> <li>• 7:30am Father's Day Breakfast</li> <li>• 9/10 Photography students excursion to "Snap 2019"</li> </ul>

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

## FATHER'S DAY BLESSINGS

Father's Day is a day when we remember and honour those men in our lives who are our fathers, or are as father figures to us: those men who, through their open-heartedness care for us, nurture us, and lift us up in times when we need help.

On Sunday, as we celebrate Father's Day we pray that our lives may be a reflection of God's love, and that fathers throughout the world will continue to be positive examples of compassion and mercy for their children, modelled on the Holy Family.



Heart  
Spirituality



Attentiveness  
Hospitality

## WORLD DAY OF MIGRANTS AND REFUGEES

There is a saying that reminds us that we don't really know a person until we walk one day in their shoes. Imagine what it would be like to lose your home and security and be forced to flee in fear for your lives. This year, the theme of World Refugee Day invites us to take a step with Refugees. The United Nations says that every minute, 20 people leave everything familiar behind them to escape war, persecution or terror.

Pope Francis reminds us "every stranger that knocks on our door is an opportunity for an encounter with Jesus Christ". Jesus, through his example, entrusts us to respect the dignity and basic human rights of all people. Our challenge is to help people find new homes and new futures through resettlement and local integration. Where possible, refugees prefer to return to their home countries but with conflict continuing to escalate in many countries, finding new homes and restarting their lives is increasingly difficult.

As we enter this week, we ask God to help us deepen our sense of respect, compassion and awe for all people, especially those who come in search of a safe and peaceful home.

### Stars of the Week - 22nd August 2019

Kinder	Thomas Smith	For being a great listener and helpful class member.
Prep/1	Ryda Howard	For doing an amazing job with his reading.
Grade 2/3	Alyssia Sky	For being a kind, caring and thoughtful class member.
Grade 4	Oliver Smith	For being a helpful member of our class.
Grade 5/6 D	Ashton Harrison	For <u>ALWAYS</u> going above and beyond to help others. Keep up the great work.
Grade 5/6 W	Madison Milner	For completing her morning tasks independently. Well done!

## Making Jesus Real

We all want happiness and we tend to think that things like toys, computer games, sports gear, etc. will give us happiness. In fact, being grateful for what we have brings great happiness. If we are doing the right thing by our parents and teachers we will be happy, as our consciences are clear. As soon as we do negative things we feel guilty. Conscience is our moral mind, inviting us to be grateful and generous people and helping us to make better choices.



## Star of the Sea Catholic College Parents & Friends Father's Day Raffle

**Last week to purchase the Parents and Friends Raffle Book. Please return books sold or unsold by Thursday 29th.**

Prizes: 1st Bunnings Voucher- value \$100  
2nd Woolworths/BWS Voucher - value \$50  
3rd TnT Fresh It Up Pizza Deal - value \$30

All money raised will go towards updating the Secondary outdoor equipment. Please return book, sold or unsold by 29th August Raffle will be drawn at the Father's Day breakfast on 30th August .

## Staff Movements

Mr Cook is away this week on leave.

Mr Chapman will be taking leave in the last two weeks of Term 3 and the first week of Term 4. In his time away, Mrs Karen Tame and Mrs Rose Briscoe will share the role of Acting Principals. They will take any queries or concerns that would usually be forwarded to Mr Chapman.

## Father's Day Stall and Breakfast

Our Father's Day Stall will be held this Thursday 29th August with gifts available between 50 cents and \$5.

Our Father's Day Breakfast will be held in the Hall this Friday between 7:30am and 8:30am. RSVPs are essential and are due tomorrow (Wednesday).

## Deputy Principal 2020

All schools in the Catholic Education System are moving towards having a Deputy Principal whose main role will be to support the Principal in leading the school. Applications and interviews were recently held and we are pleased to announce that in 2020 Mr Damien Taylor will be the Deputy Principal of Star of the Sea Catholic College.

Damien is currently in his fourth year as Principal at St Columba's Primary School in Berrigan in the Diocese of Wagga Wagga. Prior to his Principal appointment Damien worked in the Sandhurst Diocese at St Mary's Primary School in Mooroopna and at Notre Dame College, Shepperton. Damien holds a Bachelor of Teaching (Primary) and a Graduate Diploma of Educational Studies from La Trobe University and is studying the final unit of a Graduate Certificate in Religious Education and Theology from the Broken Bay Institute (BBI), University of Newcastle. Damien is a passionate and experienced educator and we warmly welcome Damien to Catholic Education Tasmania.

Mass of the Assumption which was held Thursday 15th August.



## Shout Out Week 4 Term 3, 2019

Name	PBS	Reason
Lillian Hockey	E	Choosing a book and reading quietly in the library.
Rilee Brown	R	Helping clean up the classroom.
Ether Daire	E	Joining in class games and songs.
Huntar Carnie	L	Learning to identify letter names and sounds.
Joshua Chapman	E	Choosing a book and reading quietly in the library.
Jessica Anlezark	R	Collecting the balls from playground when the bell went.
Maddison Hyland	R	Collecting the balls after the bell went.
Temprance Mather	R	Using beautiful manners.
Macey Crick	L	Learning ways to solve disagreements with her friends.
Darcie Power	L	Quietly reading a book at rest time.
Brock Holden	R	Great listening.
Ryder Hawkins	R	Being packed up in a timely manner.
Evie King	R	Helping clean up the classroom.
Evie King	L	Learning ways to solve disagreements with her friends.
Dyson Bromley	L	Great retelling of a story.
Thomas Smith	E	Joining in with class games and songs.
Dyson Bromley	R	Helping clean up the classroom.
Henry Pride	R	Caring for his friends when they are sad.
Savannah Grimsey-Gray	R	Cleaning up a yucky mess off the mat that wasn't hers.
Arthur Millen	E	Joining in class games and songs.
Temprance Mather	L	Learning ways to solve disagreements with her friends.
Lindsey Barrett	R	Taking care of her friend.
Axle Sturzaker	L	Being an engaged learner and trying his best during Maths.
Thomas Singline	L	Recognising and counting numbers to 10.
Malakai Hyland	L	Finding lots of letter M's in our classroom.
William Holz	S	Cleaning up.
Grace Mahnken	R	Helping collect the balls after the bell went.
Ryder Hawkins	R	Helping keep our classroom clean.

### PBS Focus: Engaged:

We listen to the teacher when they are speaking. We show we are listening by looking toward the teacher, our voices are off and we are steady.

You're  
a  
Star!

### Shout Out Winners:

Brooke Baillie -  
Into the draw for a  
Cinema ticket

# Book Week

