

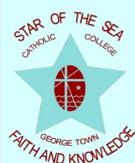
Star of the Sea Catholic College

Newsletter

26TH NOVEMBER 2019

Increased physical activity during the school day can help children's attention, classroom behavior, and achievement test scores. Meanwhile, the decline of play is closely linked to ADHD; behavioural problems; and stunted social, cognitive, and creative development
.- Darell Hammond

Learning
Believing
Belonging
Respecting
Reaching Out
Personal Best



From the Principal

There was a report in the news last week which quoted a report from the *Lancet Child and Adolescent Health* that found 9 out of 10 Australian teenagers do not get enough physical activity, with Australia ranked 140th out of 146 countries. Along with this I recently heard that the average British child spends less time outside than the average British prisoner!

We could probably come up with all sorts of reasons as to why the statistics are what they are, but it would probably be more helpful to ask - *What can we do about it?*

Here's what some experts suggested in an ABC article:

Active transport - Getting kids to ride or walk to school not only gives them some much needed exercise, but it is also a good way to build independence in children.

Think beyond PE - whilst PE plays a big role in getting kids active, dropping kids off further away from school instead of just outside the front gate can also be away of adding exercise to the day.

Screen time - screen time is a big competitor to getting kids active. Building a culture in a family where kids have to get active before being allowed on screens can go a long way.

Talk the talk, walk the walk - not only talking to kids about eating healthy, but also talking to kids about being physically active can help to get the message across. Bringing sporting equipment to BBQs (instead of just sausages) also sends a good message.

I know as a father that I have to improve in the messages and opportunities for physical activity I give to my children, so I am certainly not in the position to lecture parents on the topic! By providing this information it hopefully gives all members of the Star of the Sea Catholic community an opportunity to implement some ideas around helping our students today and in the future.

Mr Richard Chapman
Principal

CALENDAR

Wednesday 27th November	<ul style="list-style-type: none">9.00-10.30am Playgroup @ Star1.30-3.30pm Little StarsTriathlon Secondary students
Thursday 28th November	<ul style="list-style-type: none">2.15pm Primary AssemblyTriathlon Primary students
Monday 2nd December	<ul style="list-style-type: none">9:00am Advent Prayer
Tuesday 3rd December	<ul style="list-style-type: none">Prep /1 Excursion
Wednesday 4th - Friday 6th	<ul style="list-style-type: none">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

Farewelling Father Edward

'They say you don't know what you have got until it's gone.' That statement came true when we were told our beautiful Father Edward will be retiring and returning to Malta at the end of this year. He has led our celebrations of the mass and has been a regular visitor to our primary classes. His warm smile and gentle humility made all of us feel welcome and at ease. We have been very blessed to have him as our parish priest and he remains in our prayers as he prepares to travel along a new path in retirement. As a College we will be farewelling him on **Tuesday 17th of December** with a special celebratory assembly in the Church at 10.00am. We welcome all of our families to join us.

Heart

Spirituality



Our Parish is also farewelling Father Edward and would like to invite you to a barbecue on **Sunday 15th December** after the 11.00am Mass. Please bring your family along to say thank you and goodbye to Father Edward. The parish will be supplying sausages, and you are asked to bring either a salad or dessert. If you are able to, please add your names to the list in the Church foyer.

Advent the Season of Anticipation...

The season of Advent begins on Sunday the 1st December and around this time we set up nativity scenes, decorate wreathes, open Advent calendars and light candles. There is a buzz of anticipation as we begin to get ready for the season of Christmas. But it's also a time to stop, reflect and get ready to receive God's great gift of love in the birth of Jesus.

Attentiveness

Hospitality

The word Advent means 'coming', and it doesn't only focus on the birth of Jesus 2000 years ago but on the present coming of Jesus in our lives through the gospels and our service and hospitality towards others, and in the future coming of Jesus at the end of the world.

Advent is a joyful season of anticipatory celebration and it is a time to prepare our hearts in readiness to welcome Jesus into our lives. So we need to clean our spiritual home and make room for the Lord in our lives. As we prepare to welcome Jesus into our spiritual home we can get ready by spending more time in prayer, giving thanks for all that we have and challenging ourselves to give more of ourselves to others and just be more. Whatever we choose we pray that we will be ready for Jesus this Christmas.



Making Jesus Real

At our Presentation Feast Day it was great to see students "having a go." Sometimes things can seem hard, but when we have a go they become easier, and we wondered why we were so worried about it in the first place. God calls us to have life to the full, and in order to do so, we need to keep having a go.



Staff Movements

Mrs Romein is on leave this week. The 2/3 class is being covered by Mrs Chris Jones and Mrs Denise Armstrong. Mr Chapman was away yesterday and today and will return to school tomorrow.

School Crossing

The asphalt on the footpath where the old school crossing was has been dug up by the George Town Council and grass will be sown in this area. The fence will also be extended in the future, with the line markings updated.

Primary School Structure

The class structure and teachers for 2020 has been decided upon and will be announced later this week.

Presentation Feast Day

We all enjoyed last Friday's opportunity to celebrate the life and work of Nano Nagle and the Presentation Sisters. The Lip Sync Battle was full of highlights! Thank you to all staff and students who helped to make it a special day.

Triathlons

We wish our triathlon competitors all the best for this Wednesday (secondary) and Thursday (primary) and we thank Mr Cook for his organisation to enable our students to compete in these events.

Upcoming Events

Next week our Year 10s will be involved in exams. The purpose of these is to give the students an experience of sitting exams as many of them will participate in exams in the next two years.

Next week also sees our Year 8s go on camp to the east coast with Mr Cook leading the experience.

Later in the week Mrs Honeychurch and four of our Year 9 students will fly off to Perth to participate in the Australian Catholic Youth Festival.

2020 College Captains

Our Year 9s have had the opportunity to be nominated for College Captain next year. A number of them have accepted their nomination and will present a speech to the students later this week, describing what they would like to do if they were voted in as College Captain. The Captains for 2020 will be announced at our Awards Evening on Thursday 12th December. A reminder for parents that, at Star of the Sea Catholic College, the two captains are the two students that receive the most votes. That means it is possible to have two male captains, two female captains, or a male and female captain.

Shout Out Week 6 Term 4, 2019

Name	PBS	Reason
Ashton Harrison	L	Dedication towards set homework tasks.
Maverick Watson	L	Completing his work to a very high standard.
Alex Baillie	L	His dedication and effort put into homework this week.
Hayley Ford	L	Working hard on your Saints portfolio.
Tempress Tunks	L	Working hard on your Saints portfolio.
Belynda Hyland	E	Perseverance with tackling division problems.
Hayley Ford	L	Improved writing skills for Behind the News reports.
Belynda Hyland	E	Working hard on Harry Potter Chapter 15 Review.
Maeve Lazdauskas	L	Dedication towards improving multiplication.
Scarlett Baillie	E	Using a beautiful singing voice today in Music.
Emma Thomas	L	Excellent effort in Health.
Tempress Tunks	L	Improved writing skills for Behind the News reports.
Tempress Tunks	L	Dedication towards improving multiplication skills.
Lachlan Crick	L	Being a super star and finishing your tricky fraction work.
Seth Sturzaker	S	Remembering to walk safely in the classroom.
Maddi Milner	L	Excellent effort in Health.
Reagan Widdowson	L	Dedication towards set homework tasks.
Reagan Widdowson	L	Improved writing skills for Behind the News reports.
Reagan Widdowson	L	Dedication towards improving multiplication skills.
Reagan Widdowson	E	Having a positive attitude towards transition into high school.
Reagan Widdowson	L	Completing your dictionary work.
Reagan Widdowson	L	Her efforts and improvement with times tables.
Reagan Widdowson	L	Doing an amazing job catching up on your homework.
Sianna Brunacci	L	Dedication towards set homework tasks.
Sianna Brunacci	E	Working hard on your blends.
Sianna Brunacci	E	Excellent note taking for Behind the News Report.
Blake Miller	E	Being amazing at the TPSSA carnival.
Sianna Brunacci	L	Improved writing skills for Behind the News report.
Sianna Brunacci	L	Working hard on your Saints portfolio.
Sianna Brunacci	E	Perseverance with tackling division problems.
Sianna Brunacci	L	Dedication towards improving multiplication skills.
Sianna Brunacci	L	Being amazing at the TPSSA carnival.
Blake Miller	E	Perseverance with tackling division problems.
Blake Miller	L	Dedication towards improving multiplication skills.
Blake Miller	L	Improved writing skills for Behind the News reports.
Erin Vanderzwan	L	Working hard on your Saints portfolio.
Maeve Lazdauskas	E	Having a positive attitude towards transition to high school.
Jennifer Munro	E	Perseverance with tackling division problems.
Maeve Lazdauskas	L	Dedication towards set homework tasks.
Maeve Lazdauskas	L	Improved writing skills for Behind the News reports.
Tylar Berne	L	Dedication towards set homework tasks.
Belynda Hyland	L	Dedication towards improving multiplication skills.
Grace Mahnken	L	Being a brave reader and reading in front of the whole class.
Alyssia Sky	R	Demonstrating a positive attitude towards everyone.
Karol Aziz	L	Always working hard in class and helping others when they need it.
Oscar Smith	E	Being very helpful in Music today.
Tylar Berne	L	Dedication towards improving multiplication.
Giovanni Gandolfi	E	Having a positive attitude towards transition to high school.
Giovanni Gandolfi	L	Working hard on his Saints portfolio.
Taylor Thomson-Strain	L	Working hard on your Saints portfolio.
Taylor Thomson-Strain	E	Having a positive attitude towards transition into high school.
Belynda Hyland	L	Helping her classmates.
Taylor Thomson-Strain	L	Dedication towards set homework tasks.
Belynda Hyland	L	Improved writing skills for Behind the News reports.
Temprance Mather	R	Packing up PMP equipment without being asked.
Finley Upston	S	Cleaning up the playground.
Brock Holden	S	Cleaning up the playground.



Shout Out Week 6 Term 4, 2019

Name	PBS	Reason
Erin Vanderzwan	E	Being amazing at the TPSSA carnival.
Tylar Berne	L	Working hard on your Saints portfolio.
Erin Vanderzwan	E	Perseverance with tackling division problems.
Hayley Ford	E	Persisting with tricky division sums.
Taylor Thomson-Strain	L	Dedication towards improvement of multiplication skills.
Hayley Ford	E	Having a positive attitude towards transition day into high school.
Belynda Hyland	E	Being amazing at the TPSSA carnival.
Taylor Thomson-Strain	L	Improved writing skills for Behind the News reports.
Tylar Berne	E	Your keen interest in Music class to learn the recorder.
Blake Miller	L	Dedication towards set homework tasks.
Ashton Harrison	L	Improved writing skills for Behind the News reports.
Tylar Berne	L	Improved writing skills for Behind the News reports.
Tempress Tunks	E	Having a positive attitude towards transition into high school.
Alex Baillie	E	Having a positive attitude towards transition into high school.
Thomas Johnson	E	For spelling his name correctly.
Thomas Johnson	E	Having a positive attitude towards transition into high school.
Thomas Johnson	R	Being a supportive friend to his peers.
Thomas Johnson	L	Working hard on advancing your reading skills.
Thomas Johnson	L	Putting lots of effort into multiplication grid work.
Thomas Johnson	L	Working hard on your homework catch up.
Ashton Harris	L	Working hard on your Saints portfolio.
Savannah Grimsey-Gray	L	Packing her bag and putting her things away.
Hayley Ford	L	Dedication towards set homework tasks.
Hayley Ford	L	Dedication towards improving multiplication skills.
Tempress Tunks	L	Dedication towards set homework tasks.
Erin Vanderzwan	L	Improved writing skills for Behind the News reports.
Erin Vanderzwan	L	Dedication towards improving multiplication skills.
Erin Vanderzwan	L	Dedication towards set homework tasks.
Ashton Harrison	E	Having a positive attitude towards transition into high school.
Ashton Harrison	E	Being amazing at the TPSSA swimming carnival.



Some pictures from our Triathlon Tasmania and UTAS visits



NHSSA Athletics Carnival

Last Thursday 21st November, Star of the Sea Academy of Sport took 42 competing students and 5 emergencies to St. Leonards Athletics Track to compete in the Division 3, NHSSA Athletics Carnival.

It was the largest team we have taken for many years, expectations were high and our students did not disappoint. In an inspiring performance our students managed to finish second in the Junior Shield, second in the Senior Shield and second overall in the Carnival (beating some schools twice our size).

Although we didn't take away the silverware, the attitude, sportsmanship and effort put in on the day was incredible from such a small school. Athletes stepped up and took extra events while reserves were also used to fill spots on the day. The support of each other and willingness to help and support in managing some of the events was outstanding.

Days like this make you incredibly proud to teach at Star of the Sea. Congratulations to all students and staff on a fantastic day. Go Star!



In the Kindy Class

Kara and the Kindy group getting the garden ready for planting the Woolworths seedlings.



Kindy boys playing on the climbing equipment



Thomas working hard at fine motor threading.



Linsie working on her "h is for hippo" sheet

