

# Star of the Sea Catholic College

## Newsletter

27th July 2021

### From the Principal

#### ***The power of acceptance and gratitude are incredible superpowers.***

After Ash Barty's recent Wimbledon triumph, news articles appeared which focused on her professional mentor and performance coach, Ben Crowe, and what his advice to her was. One of the points that struck me was that he said:

*"The big lesson is focus on the 'human-being', and less so on the 'human-doing' and the power of acceptance and gratitude are incredible superpowers to enable you to let go of FOOPO (Fear of Other People's Opinions) and own your story.*

*"And if you can focus on that, and avoid these distractions, it doesn't mean you'll win — it just means you'll bring the best version of you to the dancefloor each day."*

One of the biggest hurdles young people face today is FOOPO. Many young people around Australia suffer from social anxiety which stems, in part, from FOOPO. The rise of social media has not helped, with many more opinions thrown at our children than in the past. All of a sudden, young people don't know which way to look or what to do. FOOPO freezes them, stopping them from developing into the people God calls them to be.

It also can be difficult for us as adults. Many of us worry about what other people think of us and this can lead to us retreating inside ourselves, not letting other people see our true selves.

As Crowe says, one of the ways out of this is the power of acceptance. At some point in our lives we all have to look at ourselves and say "this is who I am, and that's okay." It's okay that I will never compete in the Olympic Games. It is okay that I probably won't make millions of dollars in the job that I have. It is okay that I won't be famous. Other people may want to tell us their opinions about us, but we can choose to ignore them once we accept who we are.

Accepting ourselves also means we have to accept our mistakes. All too often we allow mistakes in our lives to define who we are. We constantly look back at our mistakes and our failures and we hang on to the shame or embarrassment that they caused us. It is one thing to learn from our mistakes, because that helps us to grow. It is something different to constantly revisit our mistakes, because that stunts our growth.

Too often we see adults who are reluctant to get involved in one thing or another because of something that happened previously in their lives. Too often we see people looking for change of jobs or changing places where they live because they think that with a different job or a different town they will be happy. But seeking happiness in this way is always fraught with danger. The only way we will find happiness is through acceptance.

At our Star of the Sea Catholic community we must teach our children to accept themselves, and to be okay with who they are. Only in this way will they be open to trying different things and be able to grow into people who are fully human, fully alive.

**Mr Richard Chapman**  
**Principal**



The worst loneliness  
is not to be comfortable  
with yourself.

- Mark Twain

Attentiveness,  
Hospitality  
and  
Compassion.



PO Box 206  
Corner Friend &  
William Street  
George Town 7253

*Star of the Sea Catholic College acknowledges the Leterremairener people as the traditional custodians of the land on which our school stands.*

## Religious Education

### I AM WITH YOU ALWAYS

This year Pope Francis announced a new celebration in honour of grandparents and the elderly who are so important to our communities. This new World Day for Grandparents and the Elderly will be celebrated every year on the fourth Sunday in July, close to the feasts of Saints Joachim and Anne, the grandparents of Jesus.

The theme this year is "I am always with you." These are the same words Jesus said to his disciples before he ascended into heaven. Pope Francis is aware that in this time of pandemic many people have been separated from loved ones and he wants to remind our precious grandparents that the Church is with them, and they are loved.

Later in the year we will have a special celebration for our grandparents in our community, but this Sunday, all around the world, Christian communities will give thanks for the gifts and wisdom of grandparents and the elderly.



Heart  
Spirituality  
Attentiveness



Hospitality  
Compassion

### Term 3

**Friday 13th August** - Staff Spirituality Day (Student Free Day)

**Monday 16th August** - Holiday in lieu of Launceston Show Day

**Tuesday 17th August** - English Competition

**Tuesday 24th August** - Book Week Parade

**Wednesday 25th August** - Science Competition

**Wednesday 1st September** - 5/6 Black Box Virtual Tour

**Thursday 2nd September** - Maths Competition.— Father's Day Breakfast

**Thursday 16th and Friday 17th September** - Country Gold

**Thursday 23rd September** - Girls Football Gala Day

**Friday 24th September** - Term 3 ends

# BUSES .net.au

We wish to address an issue that we are having on many of our bus services; the use of aerosol sprays. For those people who are Asthmatics, suffer from respiratory conditions or allergies, the spraying of aerosols in a confined space can have serious and even life threatening effects.

We are seeking your assistance to get a clear message to all students that the use of these products on our buses IS NOT PERMITTED.

As of Monday 26<sup>th</sup> July 2021, all our buses will display the attached poster to remind students not to spray aerosols on the school bus or near the entrance.

Our continued focus is to provide safe and reliable school transport for all students and employees. Thank you in advance for your co-operation.

Cheers

Tania-Maree, Office Manager, (03) 6437 6371

## SetUp for Success

Our Early Learning program, **SetUp for Success** (simply known as *SetUp*) runs every Wednesday (School Terms) from 9:00am to 10:30am in the Kinder room. Mrs Trudy Hoffman runs the program, which is a free Early Learning program for children aged 0-5 and their families.

We ask families not to attend SetUp if they or their children are ill.

Our SetUp for Success Facebook page is now up and running.

To receive posts from this page please use the following:

1. *log into our Facebook page (Star of the Sea Catholic College)*
2. *find a recent SetUp post*
3. *click on the icon and it will take you straight to the SetUp page*
4. *once there, like it and you will then receive all Setup posts*



## 2022 Enrolments

We are now accepting enrolments for Kinder and Year 7 for 2022. If you would like your child to attend Star of the Sea in 2022, or know of someone who would like their child to attend, enrolment forms are available at our office and through our website ([www.starsea.tas.edu.au](http://www.starsea.tas.edu.au)).

As part of our enrolment process, students entering our school have a conversation with either the Principal or Deputy Principal. The purpose of these conversations are to find out more about the student and to find out what we as a school can do to best support them.

## Staff Movements

Mr Cook and Mrs Harmer have returned to school this week.

Mrs Stewart is due to return to school next Monday.

## Term 3 Break

A reminder that students will have an extra long weekend during August. Both Friday 13th August and Monday 16th August are student-free days. On the Friday our staff will be participating in their Spirituality Day, whilst on the Monday our staff will also have a holiday in lieu of the Launceston Show Day holiday.

## Book Week

Book Week is fast approaching and, as per usual, we will have a dress-up day and parade. This will be held on **Tuesday 24th August**. Students from Kinder to Year 10 are welcome to dress up as their favourite book character. So get your thinking caps on! This year's Book Week theme is *Old Worlds, New Worlds, Other Worlds*.

## School Photos

School photos were sent home today. If your child was absent they can be collected from your child's class teacher (Primary) or from the office (secondary).

### NHSSA Wednesday & Thursday Sport Roster for this week.

Wednesday: **CANCELLED**

Thursday: Soccer @ Queechy Hockey -@ St Leonards - Netball -@ Hoblers

Weather cancellations will be posted on Compass and our Facebook page

## Shout Out Term 3, Week 1, 2021

Oscar Millen	Following instructions quickly.
Lillian Hockey	Helping clean up after assembly.
Mia Syms	Fantastic listening during class.
Charlotte Judd	Being ready on her sit spot for listening.
Shiloh Leslie	For continuously following all aspects in art.
Victor Hugo	Following instructions quickly.
Niklaus Quilty-Maguire	Awesome participation during PE this week.
Kirra-Lyla Harris	Very neat handwriting.
Jessie Anlezark	Reading quietly after lunch.
Yueni Tan	Packing away quickly and quietly.
Yueni Tan	Great details in her handfish picture.
Shekinah MacFarlane	Reading quietly after lunch.
Chelsie Jenkins	Excellent concentration.
Darcie Power	Always listening on the mat.
Ashton Ratcliffe	Listening in Assembly.
Malakai Hyland	Listening well on the mat.
Matilda Trotter	Helping clean up after Assembly.
Kirra-Lyla Harris	Learning her sounds and letters.
Kirra-Lyla Harris	Trying hard with her handwriting.
Wyatt Parkes	Being ready to listen.
Ashton Ratcliffe	Excellent concentration.
Ruby McDonald	Trying so hard to write a story and for sounding out words.
Bienvinido Bennett	Being a kind friend.
Maverick Watson	Great attitude and behaviour during Assembly.
Indiana Cartwright	Helping clean up after Assembly.
Jackson Summers	Beautiful manners.
Vanessa Linley	Great details in her handfish picture.
Hazel-May Provis	A settled start to the week.
Kirra-Lyla Harris	Great counting in Maths.

You are a Star



**PBS Focus: We are focused learners when we use an inside voice in the classroom.**

**This weeks Shout Out winners are:**

**Rilee Brown**

*Being ready for listening. - Not present will do it next week*

**Charlotte Judd**

*Packing away quickly and quietly. - Game for the class*

**Secondary Students**

**Congratulations Cards 2021**

**Isabelle Ackerly**

**Miya Webb**

**Well done!**