

Star of the Sea Catholic College

Newsletter

28th February 2023

From the Principal

Saint Mary MacKillop of the Cross tells us that "gratitude is the memory of the heart." Monty Python, the classic British comedy group from the 1970s, tell us to "always look on the bright side of life."

As the secondary students ponder on this fortnight's character strength of *gratitude*, both Mary MacKillop and Monty Python give us a way into what *gratitude* actually means for us and how we can work on it.

We all have memories, some good and some bad. Some of our memories do indeed bring up a sense of gratitude and thankfulness. Sometimes our memories give us a reason to be grateful for where we are at the moment. We may have had hard times in the past, and when we compare them to where we are now in our lives we may be thankful that those times have passed and our lives are more calm at the moment.

Similarly, we may be going through a period of loss or crisis at the moment, which makes us even more grateful for past times.

It is our memories that lead us into a sense of gratitude. And even though in reality our memories are stored in our brain, we often refer to those memories which lead to gratitude as being stored in our heart, probably because those memories are usually linked to love. When Mary recalled the events surrounding the birth of Jesus, we are told that "she treasured all these words and pondered them in her heart." (Luke 2:19) When St Mary MacKillop tells us that "gratitude is the memory of the heart," she reminds us that those memories which are based in love are usually the memories which bring a sense of gratitude.

On the opposite side of the spectrum, at the end of the classic film *Life of Brian*, Brian and his companions hang on the cross and start singing *Always look on the bright side of life*. For those of us who struggle with being grateful it is a good place to start. Being able to look at our situation and to name up all of the good things is probably the most helpful thing we can do when gratitude is not our strength. We may be grateful for a roof over our heads, food on the table, friends, family or even the weather! Whatever it is we are grateful for, it is important to be able to name it.

Whether we are able to ponder memories in our hearts, or we just need to look on the bright side of life, gratitude is certainly an important quality for us to have and to work on. In the Star of the Sea Catholic community, we need to keep reminding our students and each other to work on our gratitude and look to strengthen it every day. In this way we can flourish in our lives and be the people God calls us to be.

**Richard Chapman,
Principal**



Acknowledging the good that you already have in your life is the foundation for all abundance. - Eckhart Tolle

Attentiveness,
Hospitality
and
Compassion.



PO Box 206
Corner Friend &
William Street
George Town 7253

Ph: 6382 1242

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

Supporting Project Compassion

Each year our college joins other schools across Australia to support Project Compassion by raising vital funds to support our neighbours who need help. Project Compassion reminds us of the importance of how an act of kindness no matter how small can make a life changing impact on the lives of others.

The face of Project Compassion this year is 16-year-old Laxmi who lives in one of the most remote communities in Nepal.

After losing her father at a very young age she was at risk of falling into extreme poverty. Thanks to Caritas Nepal, Laxmi joined a children's club, became a leader in her school and successfully advocated for water taps at her school. Now the students all have access to clean drinking water. Water is such a precious commodity yet many people around the world don't have access to it.

This year, on the Tuesday 4th April, we are going to help Project Compassion by creating a water wall where students and teachers can buy a droplet, put their name on it and help us to create a cascade of water. There will also be a dress in blue day and lots of other fun activities on, so watch this space and start collecting your gold coins.

Ashley, Luke and Hayley (Event and Fundraising Leaders)



Heart
Spirituality
Attentiveness



Hospitality
Compassion

Stars of the Week - 23rd February 2023

Kinder

Sebastian Cunningham For being a great friend to his classmates.

Prep

Lucas Ratcliffe For listening to all the rules and expectations in Prep and never needing a reminder.

Grade 1

Isabel Walker For excellent concentration during reading activities.

Grade 2/3

Oliver Bennett For being a thoughtful helper in the classroom and for trying so hard with his work. Welcome to our school.

Grade 3/4

Ashton Ratcliffe For his participation and enthusiasm during our InitialLit Lessons. Keep up the great work!

Grade 5/6

Allira-Grayce Harris For her willingness to always "have a go" during classroom discussions and learning activities. Keep up the great work!

Shrove Tuesday

We thank Mrs Armstrong and the College Leaders for providing pancakes to our students last Tuesday for Shrove Tuesday. They were appreciated by everyone!



Congratulations to Year 7.

They have been learning about safety and practical procedures in Science.

Here they are with their newly acquired Bunsen Burner licenses.



Staff Movements

Mr Chapman will be away from Wednesday recess until the end of the week with meetings.
Mrs Walters will be away on Thursday with meetings.

Making Jesus Real (MJR)

Marty Ogle from MJR was at school last Tuesday working with our Grade 5/6 class and our Year 7s and 8s:
It was my pleasure to recently work with the Year 5/6's at Star of the Sea and we focused on the theme 'Accountability' and how important it is 'to claim the blame' when we do something wrong. Teachers and parents/carers must hold young people accountable for their actions and as a class, we discussed how the 'Art of Reflection' will help us to correct mistakes. Tied into this was also how essential it is to understand and use manners. We looked at habits and how we need to work on changing negative habits and cultivating positive habits. We also introduced the term 'If it is to be, it is up to me.' If you like to follow up on this why not visit The MJR podcasts – a GPS for Life at: <https://podcasts.apple.com/au/podcast/the-mjr-podcast-a-gps-for-life/id1513474986>

Again, the students were an amazing group due to their enthusiasm, love of magic and their ability to see and be the Spirit of Jesus – why not ask them what they learned in the session e.g. about not back chatting, saying OK with a smile, making someone's day with a smile or compliment. Some of Year 6 parents/carers will receive a written letter from your child, asking for help concerning them being held accountable.

God Bless
Marty Ogle



Clean Up Australia Day

This Friday will see our school participate in Clean Up Australia Day. The day is run by the College Leaders and more information will come out about it during the week.

Fire Evacuation Observed Practice

Next Tuesday our school will take part in an observed fire evacuation at around 12:20pm. It will be observed by Tasmania Fire Service who will give us feedback about how we conduct our evacuation.

GFG Student Programme

Feeling curious and courageous? Ready to get out of your comfort zone a little?

The GFG Foundation Student Programme 2023 has applications open now. This is open to all students in years 9 and 10 and can be accessed now via the GFG Foundation Website;

<https://www.gfgfoundation.org.au/student-programme/>

Apply now - Applications close on March 7 at midnight.

College Board

Would you like to join the College Board? The College Advisory Board is an important part of the school. It meets six times per year in the evening for about one hour and gets an update on how the school is going, asks questions of the Principal and gives advice to the Principal. There are no real other commitments outside these meetings (unless you are the secretary).

If you would like to get a bit more involved in the school and feel that you could help in this way, please contact the College office, leave your name and number, and Mr Chapman will get back to you.

SetUp for Success

Our early learning program, SetUp, is back in 2023.

It is on every Wednesday during term time between 9:00am and 10:30am in the Kinder room and is for children from birth to 5 years of age. It is completely free and all are welcome. Mrs Selina Taylor will run SetUp this year



Term 1 - 2023	
Friday 3rd March	Clean Up Australia Day
Monday 13th March	Eight Hours Day (Public Holiday)
Tuesday 14th March	Star of the Sea Swimming Carnival (Grades 3 - 10)
Wednesday 15th March	NAPLAN begins
Monday 20th March	Circle of Life classes begin (Primary)
Tuesday 21st & Wednesday 22nd March	Star of the Sea Athletics Carnival (Grades 3 - 10)
Monday 27th March	TPSSA Athletics Carnival
Thursday 30th March	NHSSA Div. 3 Athletics Carnival (TBC)
Tuesday 4th April	Caritas fundraiser
Wednesday 5th April	Year 7 & 10 Immunisations
Thursday 6th April	Holy Thursday - End of Term Assembly - Term 1 ends

Easter Raffle 2023

We are preparing to launch our annual Easter Raffle and we are asking for donations to fill our baskets.

We are aiming to be able to start selling tickets March 14th and the raffle will be drawn at the final Term Assembly on April 6th.

Please help by donating either confectionary or other Easter themed items.

Proceeds will be split this year with half going to the fundraising goals of the student leaders and half going to our caritas fundraising.



Shout Out Term 1, Week 4, 2023

Brock Holden	Sitting quietly and respectfully
Ruby Davidson	Learning DRSABCD
Oscar Smith	Learning DRSABCD
Bienvinido Bennett	Helping others with their spelling
Rilee Brown	Sitting quietly and respectfully
Rilee Brown	Keeping our oval clean by picking up rubbish
Carter Upston	Cleaning the classroom
Dante Saunders	Cleaning the classroom
Brooke Baillie	Sitting quietly and respectfully
Lindsie Barrett	For the effort she put into her dragon drawing
Demitrius Quilty-Maguire	Focusing on his work
Victor Hugo	Excellent listening
Malakai Hyland	Sitting and being engaged while listening to 101 Dalmatians
Oscar Miiien	For being an exceiiient learner
Niklaus Quilty-Maguire	Trying his best to be quiet in church
Maliah Cunningham	Helping to pack up the cups in Health
Brock Holden	Picking up rubbish at recess when asked.
Michael Laughren	Picking up rubbish at recess when asked.
Malakai Hyland	Focusing and trying his very best during literacy
Isabelle Saunders	Beautiful singing
Carter Upston	Beautiful singing
Isabelle Saunders	Knowing her sh sound
Tristian Ackerly	Picking up rubbish at recess when asked.
Lachlan Smith	Beautiful singing
Axel Grimsey-Gray	Being a great listener
Archie Bennett	Excellent writing
Charlotte Judd	Helping collect litter at lunchtime
Oliver Hewitt	Being safe around his classmates
Oliver Hewitt	Sitting so quietly
Charlotte Goodger-Austin	Helping to collect litter at lunchtime
Ella Hugo	Sharing the playdough
Ella Hugo	Helping to clean up after lunch
Lachlan Smith	Picking up rubbish



Secondary Students - Congratulations Cards 2023

Pixie Watson and Matilda Trotter

Well done!