

# Star of the Sea Catholic College

## Newsletter

16th May 2023

### From the Principal

A lady by the name of Penny Mordaunt suddenly shot to fame last Saturday for her role at the Coronation of King Charles III. She didn't have anything to say at the event, but she spent over an hour standing near the King holding a couple of swords, the heaviest being 3.6kg, in an upright position. She managed to do so without looking uncomfortable in any way. It was a great example of self-control and left many wondering whether they could do the same thing.

Self-control, or self-regulation, was the character strength our Year 8s spoke about at last week's secondary assembly. Those with this character-strength are able to control their appetites and emotions and regulate what they do. They have the ability to control their reactions to disappointments and insecurities.

Self-regulation seems to be highly valued in today's public arena. People who lack self-regulation are looked down upon. Think of tennis players who get upset during matches, or footballers who abuse the umpire after a free-kick goes against them, leading to a 50m penalty. Politicians are very careful not to display too much emotion when things go wrong and to give the impression that everything is under control.

Self-regulation is something that tends to get better with age, and girls actually have an advantage when it comes to self-regulation. Teenage boys have an increase in testosterone in their body which leads to them doing and saying things more impulsively without thinking through the consequences. Girls, having less testosterone, do things less impulsively (although it still happens!). As much as we believe teenagers should be calm and measured, natural human biology doesn't always allow this to happen. Even as adults we can lose our self-regulation during times of tiredness or stress.

Like anything in life, if we are going to get better at self-regulation then we need to practise strategies that help us to control our emotions. For most people, the ability to self-regulate doesn't come naturally, so we need to be introduced to ways that help us control our emotions and appetites.

The Catholic Church has had tricks up their sleeves regarding this for a couple of thousand years. The whole idea of fasting is to lead people along the way of controlling their appetites, whilst the practice of meditation and prayer can help us with controlling our emotions. Today's world has tried to rebrand these two things as intermittent fasting and mindfulness, but the ideas are the same. They help the brain to learn ways in which to take control.

In our Star of the Sea Catholic community we need to remember that our children won't always get it right, and sometimes that is just due to natural biology. But we also have the responsibility to be role models when it comes to self-regulation. If that means that even the adults in the room need to practise ways to get better at this, then we should. When we have the ability to self-regulate, we can begin to see who God is truly calling us to be.

**Richard Chapman,  
Principal**



*You need  
self-control in an  
out-of-control  
world. -  
James C. Collins*

*Attentiveness,  
Hospitality  
and  
Compassion.*



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*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

## International Day of Families



Heart  
Spirituality  
Attentiveness



Hospitality  
Compassion

International Day of Families (15<sup>th</sup> May) recognises that all families are different. Each family values certain things and celebrates in different ways that are unique to them. They have customs, traditions, things they like to do together and a particular way of life that suits them.

It also reflects on the importance of families as basic units of society as well as the concerns regarding the situations and pressure families experience around the world.

We pray today that we learn to appreciate difference and diversity, as it helps create a world that is more interesting and exciting. We pray that in our own families we might build warm and loving relationships that are compassionate, generous in spirit and kind in word.

## Stars of the Week - 11th May 2023

<b>Kinder</b>	Lenny Hardinge	For a great start to Term 2.
<b>Prep</b>	Mason Giles	For joining our Literacy lessons and helping us to get ready for our celebrations.
<b>Grade 1</b>	Elijah Bromley	For excellent participation in InitialLit lessons.
<b>Grade 2/3</b>	Thomas Smith	For making great efforts in his work so far this term.
<b>Grade 3/4</b>	Arthur Millen	For the effort he has put into his "Celebrations" poster. Keep up the great work!
<b>Grade 5/6</b>	Jai Jacobs	For his fantastic attitude towards his Literacy and Mathematics cooking activities. Keep up the great work!

# Star of the Sea Cross Country

Final Scores: Nagle: 167

Regina: 151

Presentation: 142



## Mothers Day Prayer and Afternoon Tea

Thank you to all of our mothers who came along to last Thursday's Prayer and afternoon tea. We hope they found it to be a good time to reflect on being a mother and how special it is. A big thank you to Mrs Armstrong and her cooking classes who helped prepare and serve the afternoon tea.

Thank you, also, to Mrs Tame and the College student leaders who organised the Mother's Day Stall so students would have the opportunity to buy something special for their mother or mother-figure.



## Deputy Principal's Message

Over the weekend we had the opportunity to spend time honouring our mothers and all women who take on the role of mother, for their own children and also the children of others. Seeing mothers and grandmothers involved in the lives of their children and grandchildren is always wonderful and our students really look forward to opportunities when their family members can participate in school activities and events. On Thursday afternoon we celebrated the role mothers play in our lives as we gathered together with primary students to share in a beautiful prayer service led by our Grade 5 and 6 students. Our guest performer, Mrs Belinda Chapman accompanied Mr. Chapman as they led our singing. It was a lovely opportunity for students to honour their mothers, and the special women in their lives. We concluded the day with afternoon tea, which was prepared and served by Mrs Armstrong and students of the College. Thank you to everyone who joined us for the afternoon. A particularly special thank you to Mrs. Armstrong and everyone who assisted to make the afternoon a success and to Mrs Davis and her students for the beautiful prayer service. We also thank Mrs Chapman for her assistance and involvement in our afternoon.

On Thursday, students also had the opportunity to purchase a gift from the Mother's Day stall. There were many very excited students taking the time to carefully choose something special for their mum. We hope those gifts arrived home safely and into the hands of the special people they were chosen for. Thank you to Mrs Tame and the student helpers for organising the stall and to the many people who donated gifts.

We thank God for the gift of our mothers and for the gift of motherhood.



## Staff Movements

Mrs Briscoe will be away all next week on leave.

## Enrolments for 2024

Enrolments for 2024 for all year levels are now open. Our Kinder Information Morning was well attended last Wednesday, but if you were unable to attend there are still always opportunities to contact the College office for information. Families wishing to enrol into Star of the Sea for 2024 can call into the office for an enrolment form or download one from our website: [starsea.tas.edu.au](http://starsea.tas.edu.au).

## Uniform Shop

The Uniform Shop will be closed this Thursday 18th May. It will revert to normal hours next Thursday 25th May.

## Secondary Winter Sport

Winter Sport for our secondary students begins tomorrow, with the 9s and 10s and 7-10 Hockey team playing on Wednesdays, while the 7s and 8s will play on Thursdays. We thank the staff who are helping out with each team, as it is a big commitment.

## Tree Planting

Weather permitting our Preps and Grade 5/6 class will be planting trees on Thursday to support Bell Bay Aluminium's tree-planting efforts.

## National Walk Safely to School Day - Friday May 19

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Please join us for our Walk Safely to School Day. Our walk is this Friday May 19 and all members of our school community are very welcome to attend. The event will commence with a shared breakfast, which will be catered for by the school, at Windmill Point (Pirate Park) from 7.30 am. Our walk will follow this from approximately 8.15 am and will conclude once we arrive at school. If you would like to join us for this event please RSVP to the school office by Wednesday May 17th.

## SetUp for Success

'SetUp for Success' 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.



### Wednesday 9/10 Winer Sport

Hockey - Star V Cressy @ St Leonards Netball - Star V RHS & Star V DHS @ Hoblers Bridge

### Thursday 7/8 Winter Sport

Soccer - Star V Brooks @ Brooks Netball Star V Prospect @ Hoblers Bridge

## C A L E N D E R

Wednesday 17th May	9/10 Winter Sport commences
Thursday 18th May	7/8 Winter Sport commences
Friday 19th May	National Walk to School Safely Day
Wednesday 24th May	Year 7 & 10 Immunisations
Tuesday 30th May	Inter-High Cross Country
Wednesday 7th June	TPSSA Cross County Carnival
Thursday 8th June	Real Talk visit (Secondary)
Monday 12th June	King's Birthday (Public Holiday)
Friday 30th June	TPSSA Winter Sport Round 1
Sunday 2nd - Sunday 9th July	NAIDOC Week
Friday 7th July	End of Term Assembly

Star of the Sea College

# Walk Safely to School Day

Bacon and  
egg rolls,  
fruit and  
juice  
provided

Friday May 19

7.30 am

Windmill Point

(Pirate Park)

on the Esplanade

Followed by  
a safe walk  
to school  
together

**Bookings are  
essential**

RSVP to the school office  
on 63821242

