

Star of the Sea Catholic College

Newsletter

6th June 2023

From the Principal

Who wants to live a miserable life? You would hope that the answer to this question is no one. Yet sometimes we set ourselves up for a miserable life without even realising it. And sometimes we don't realise that, from the outside looking in, our lives are miserable but we just don't realise it.

So what can help us to avoid living a miserable life? One thing. Forgiveness.

Forgiveness is a tricky topic. It often gets mixed up with a whole lot of other things. But put simply, forgiveness is the ability to let go. We let go of resentment or disappointment and we move on with our lives. It doesn't necessarily mean we forget what has happened, and sometimes we don't want to forget because we don't want to have a repeat of the disappointment. Forgiving doesn't mean we condone what has happened. And forgiving doesn't mean we automatically make up with the person who has wronged us. Forgiving just means we let go.

We probably all know people who are carrying baggage from things that have happened to them earlier in their lives. While some people can carry this baggage lightly, only feeling down when a certain topic is raised that triggers their memory of the event, others carry it quite heavily and, no matter what the situation, it is the baggage that they carry which determines their response to it. And it is often these same people whose lives are quite miserable, because they are no longer in control of their own lives. Instead, they let past events be in control of what they do and how they respond.

Admittedly, sometimes things happen which are hard to let go of. Some things are too big for us. It is for these cases that professional help is sometimes needed, like counselling. But for most of the things that happen to us, we should be able to forgive. That is, we should be able to let go and move on with our lives. And the more we practise forgiving, the easier it becomes, and we start to look at other people in a different way. Rather than seeing them as a competitor or as someone out to hurt us, we start to see them as human beings who have faults just like our own.

But we need to be aware that, as we celebrated Reconciliation Week last week, forgiveness and reconciliation are not the same thing. Reconciliation requires forgiveness, but we can forgive without restoring a relationship. Again, sometimes things are just too big for us to be able to restore our relationships and we have to let them go. That doesn't mean we can't forgive and move on, but it is the realisation that we can no longer move on together. And that's okay.

Our secondary students were reflecting on the character strength of *forgiveness* during last week's assembly. It can be hard for teenagers to forgive. Part of their natural make up is to think that, when others do the wrong thing, that it is a direct attack against them. It can take some time to forgive, and many years after they finish their schooling they can't remember what it was they were supposed to be forgiving anyway! But in our Star of the Sea Catholic community, we still need to practise forgiveness and moving on, so that we can truly become the people God calls us to be.

Richard Chapman, Principal



The weak can never forgive. Forgiveness is the attribute of the strong.

- Mahatma Gandhi

*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



World Environment Day

Heart
Spirituality
Attentiveness



Hospitality
Compassion

#Beat Plastic Pollution

Monday 5 June was World Environment Day, a day that encourages world-wide awareness and action for the environment. This year the focus was on the destructive impact of plastics on the environment.

The statistics and case-studies from the UN are quite alarming. Here are some examples.

- Over 400 million tonnes of plastic are produced annually with half being “single use”.
- Less than 10% is recycled, with an estimated 19-23 million tonnes ending in waterways, “approximately the weight of 2,200 Eiffel Towers all together.
- Each person in the world takes in more than 50,000 microplastic particles per year – each up to 5mm in diameter- from our food, the air we breathe and the water we drink. As the United Nation indicates, “Environmental health is inextricably linked to human health.”
- The amount of plastic entering the sea in the world will triple by 2040, “equivalent to 50k of plastics per metre of coastline worldwide.”

The United Nations is attempting to co-ordinate action from governments, organisations, and corporations throughout the world to become mindful of what is happening to creation.

Our Christian faith has focused both on the sacredness and vulnerability of Mother Earth. As we pray for the wonders of our beautiful earth, we pray God will guide us to assist in supporting global initiatives in practical ways. May we all be responsible in our use and disposal of plastic every day.

‘May God bless our world with the promise of future hope as we work to become more thoughtful stewards of this awe-inspiring planet.’

Stars of the Week - 1st June 2023

Kinder	Lucas Davis	For being so kind and caring towards his classmates.
Prep	Hamish Bannon	For always being so ready to learn at his lessons, and especially at weekend news writing time.
Grade 1	Chad Jenkins	For demonstrating a mature and helpful attitude during small group activities.
Grade 2/3	Melaney Maney	For always having a go at everything! We love having you here at our school!
Grade 3/4	Rilee Brown	For her effort and determination across all subject areas. Keep up the great work!
Grade 5/6	Isabel Walker	For having an excellent attitude towards the completion of her homework and consistently seeking assistance when stuck on a question. Keep up the great work!

Star Cross Country

On Tuesday May 9th, Kinder to Year 10 participated in the 2023 School Cross Country. Everyone did an amazing job as they ran around the oval and the water front. It was great to see everyone giving it a go and showing their school and house spirit.

Congratulations to Nagle for winning with a score of 167 then in second place Regina with a score of 151 and for third is Presentation with 142.

These students placed first in the following grades.

Grade 10 - Izaak Holz and Miya Webb

Grade 8 - Joshua Chapman and Hayley Daniels

Grade 6 - Keegan Leslie and Paityn Tunks

Grade 4 - Oscar Smith and Zoe Gillies

Grade 9 - Caeden McCutcheon and Sianna Brunacci

Grade 7 - Kobe Lewis and Alyssa Wayne

Grade 5 - Sabian Hawes and Allira-Grayce Harris

Grade 3 - Thomas Smith and Evie King

A big thank you for Mr Cook, Mr Wedlock and staff for organizing this years event.

Interhigh Cross Country

Full report in next weeks newsletter.



Year 3/4 visit to Bass and Flinders

Last week Year 3/4 visited the Bass and Flinders Maritime Museum. They learnt about the great explorers Bass and Flinders who in 1798, sailed to Van Diemen's Land' to ascertain if Tasmania was an island or not.



Deputy Principal's Message

Beat plastic pollution. That is the message for World Environment Day, 2023. Officially June 5th is World Environment Day and whilst it is great to have a specific day set aside to focus on an issue impacting the planet, in reality, every day should be a day where we focus on what we can do to support a healthy earth. With this in mind, we encourage students to reduce the amount of plastic in their lunchboxes, opting instead for alternative ways to package their lunch. We already see many families doing this by making use of sections in lunchboxes or by filling reusable containers with items for lunch.

Avoiding packaging altogether can be a tricky thing, so when students do bring items that are wrapped, we want to ensure all students deposit this rubbish into the bin, or repack this in their lunchboxes to take home. Our school environment is important to us and everyone in the community has a responsibility for assisting to keep this clean and tidy.

If you would like to read more about what has been happening for World Environment Day, visit the website <https://www.worldenvironmentday.global>.



**BEAT
PLASTIC
POLLUTION**



**WORLD
ENVIRONMENT
DAY**

Year 7, 8, 9 & 10 Winter Sport

Upcoming Games: Wednesday 7th June

Year 9/10 Netball Star v St. Mary's DS @ Hoblers
 Senior Boys Netball Star v Deloraine HS @ Hoblers
 Year 9/10 Hockey Star v Riverside HS @ SLHC
 (SLHC is St. Leonards Hockey Centre)

Results from Wednesday 31st May

Year 9/10 Netball **Cancelled due to weather**
 Senior Boys Netball **Cancelled due to weather**
 Year 9/10 Hockey **Cancelled due to weather**

Upcoming Games: Thursday 8th June

Year 7/8 Soccer Star v Brooks HS @ Brooks
 Year 7/8 Netball Star v Queechey HS @ Hoblers

Results from Thursday 1st June

Year 7/8 Soccer Star 1 v Kings Meadows 13
 Year 7/8 Netball Star 25 v Brooks 0

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TERM 2 2023

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 Term 2 ends for students
Monday 24th July	Term 3 begins

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.



Staff Movements

We welcome Mrs Natasha Davis to our staff, who was successful in her application for the Administration Officer position. Mrs Davis will be working a day a week, providing support to our office staff.

Mrs Tame is on leave tomorrow.

Mrs Robotham is on leave on Friday.

Welcome

We welcome Charlotte (Year 9) and her family to Star of the Sea. We hope they enjoy their time here.

King's Birthday Public Holiday

Next Monday 12th June is a public holiday for the King's Birthday. There will be no school on this day and the office will be closed.

Upcoming Events This Week

- The TPSSA Cross Country will be held tomorrow. We wish the Star of the Sea team well and know that they will do their best. Thank you to Mr Wedlock for organising the team.
- Real Talk will visit our secondary students on Thursday, presenting on the topic of *Life and Love* to our Year 7s, 9s and 10s, and on *Getting Real in the Digital World* to our Year 8s.
- On Friday our Year 6s will be joined by some Year 6s from St Finn Barr's and Sacred Heart Catholic Primary schools for our annual Presentation Charism Day where the students from Presentation schools learn more about the life and legacy of Nano Nagle. Most of the day will be run by some of our Year 9 and 10s.

Lions Club Presentation

A big thank you to the Lions Club who presented two books to our Primary students at last week's assembly about how dogs are used to help people with different needs. We are sure they will be a hit with the students.

Enrolments for 2024

Enrolments for 2024 for all year levels are now open. 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.

Shout Outs - Term 2 - Week 6

Oliver Hewitt	for moving safely in the classroom
Mia Mathers	for moving safely in the classroom
Lucas Ratcliffe	for encouraging others during a game of soccer
Archie Davidson	for being a good learner
Thomas Singline	for his effort and determination with his Math work
Kailan Wheeldon	for his excellent reading
Tristan Ackerly	for great "challenge" work
Chantz Brown	for brilliant Drama work
Luis Lee	for his helpfulness around the classroom
Brock Holden	for working well in Maths
Mason Giles	for brilliant Drama work
Lucas Ratcliffe	for being a good learner
Chanden Prismall Jackson	for being a good learner
Logan Hawkins	for being a good learner
Elsie Sherriff	for being a good learner
Eliana Dodge	for being a good learner
Lachlan Smith	for excellent reading
Ashton Ratcliffe	for being engaged with his spelling
Maliah Cunningham	for great "challenge" work
Chad Jenkins	for excellent reading
Dante Saunders	for excellent sound work
Rafael Tilain	for being a good learner
Ella Hugo	for moving safely in the classroom
Archie Davidson	for encouraging others during a game of soccer
Sebastian Cunningham	for moving safely in the classroom
Chase Davis	for always being sensible in class
James Moore	for being a good learner

Secondary Students Congratulations Cards 2023

Tilly Trotter & Emma Thomas

Well done!

