

# Star of the Sea Catholic College Newsletter

Tuesday 12th March 2024

## From the Principal

A few years ago a couple of events occurred in my life that had a dramatic change in the way I look at life. One was something that I saw, another was something that I did.

Firstly, what I saw. I was watching an episode of the ABC program, *You Can't Ask That*. For those who don't know, it is a program where a selection of marginalised or misunderstood Australians are brought into a studio and respond to questions submitted by the public. Through their answers we come to a better understanding of what life is like for these people. This particular episode I was watching was about recovering alcoholics. As I sat there listening to their stories, there was one common theme - none of them, at the time of their heavy drinking, thought they were an alcoholic or had a problem. In fact, it wasn't until something happened in their lives which severely affected their relationship with their families, did they realise they had a problem.

Secondly, something that I did. A few years ago for Lent I decided to give up chocolate. Not particularly original, but I was eating quite a bit at the time. About two or three weeks into Lent, I suddenly realised that my head was a lot clearer. It was like a fog had lifted on my brain. So after Lent I continued to stop buying chocolate but also looked at what else I ate and if I could cut further sugar out of my diet. The more sugar I cut out, the better I felt. But up until that point, I didn't realise the effect the amount of sugar I was eating was having on my body and brain.

What links these two things together? In our lives, we generally think we are going okay. But the reality is, that until something happens that makes us realise that things are not okay, or that things can be better, we will never look to improve things. In other words, we normalise our lives that we fail to realise that we can live our lives in a better way.

We see this in many different areas. We generally think our mental or physical health and wellbeing is okay, and we don't do anything about improving it. And because we are not taking steps to improve it, we never realise how much better we could be or feel. It is not unusual to hear of people in abusive relationships who never look to get out of them, because they have normalised it.

So how do we overcome this? Short of something drastic happening that forces us to change, we have to take the little steps, day by day, to do things which might improve our lives. We have to bring the change about ourselves. Each of us has to admit things can be better, even when we think we're okay. Then, we start to become who God call us to be.

**Richard Chapman, Principal**



*Attentiveness,  
Hospitality  
and  
Compassion.*

*Getting 1 percent  
better every day  
counts for a lot in the  
long run. - James  
Clear*

*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

### Fourth Week of Lent

Heart  
Spirituality  
Attentiveness



Hospitality  
Compassion



Memory is 26 years old and lives in rural Malawi. As the eldest child in a low-income farming family,



Memory had to take on many household chores and farming activities to support her parents. They struggled to pay for Memory's school fees and school supplies, and Memory often had to walk to school barefooted.

With the support of Caritas Australia and its partner the Catholic Development Commission in Malawi (CADECOM), Memory was able to enrol at a technical college where she learnt technical skills in carpentry. She undertook a three-year carpentry course, with CADECOM

supporting part of her tuition and boarding fees.

Memory became the first female carpenter from her village.

Today, she works as a carpenter at one of Malawi's largest hydroelectric power stations. With the income from her job, she can provide financial support to her family and inspire other young women in her community so that they may have the opportunity to succeed in a male-dominated industry.



### Stars of the Week - 7th March 2024

<b>Kinder</b>	Remy Lee	For excellent behaviour and generally being a respectful and responsible Kinder student.
<b>Prep</b>	Axel Grimsey-Gray	For great engagement in his Prep learning. Well done Axel!
<b>Grade 1/2</b>	Carter Upston	For his great work in all areas.
<b>Grade 2/3</b>	John Lethborg	For always displaying an excellent attitude towards his work. I am very proud of you.
<b>Grade 4</b>	Arthur Millen	For his excellent concentration skills and articulate answers during English.
<b>Grade 5/6</b>	Chelsie Jenkins	For her fantastic attitude towards improving her mathematical knowledge and skills. Well done!

## From the Deputy Principal

### Year 3-10 Swimming Carnival

Students in Year 3-10 have had a great day at the 2024 Star of the Sea Swimming Carnival. It has been fantastic to see so many students engaged in the day. Students demonstrated a willingness to try new skills and tried their best in their swimming events. Well done to everyone who participated throughout the day.



# Clean Up Australia Day



## Staff Movements

Mrs Robotham is at a conference for the rest of this week.  
Mrs Briscoe is on leave until next Wednesday.

## Year 7 and 8 Camps

Our Year 7s are on camp next week from Monday to Wednesday at Camp Clayton with Melissa McGillivray, Denise King, Zac Griffiths and Jordan Cox.

Our Year 8s are on camp next week from Wednesday to Friday on the East Coast with Oliver Cook, Carmen Robotham and Alec Daniels.

We wish both groups well and know they will have a great time.

## NAPLAN

Today (Wednesday) sees NAPLAN begin for our Grade 3s, 5s, 7s and 9s. It will be a busy few days as they work their way through the four tests. Thank you to Mrs McGillivray for her organisation of this.

## STEM Club

STEM Club has restarted and is held every Thursday between 3.15pm and 4:30pm at Star of the Sea for students in Years 5, 6 and 7 in George Town schools. The club will convene to ponder the meaning of life and tinker in the Science lab. Experiments will be based on the interest of the students. STEM Club@Star will be coordinated by Star of the Sea Maths, Science and Digital Technologies teacher, Mrs Fiona Harmer.

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## Great teachers, changing children's lives

### Teaching Awards nominations open between 4 March to 8 April 2024.

Nominations for the **2024 Commonwealth Bank Teaching Awards presented by Schools Plus** are now open!

Each year, national education non-profit Schools Plus with the support of some of Australia's leading philanthropists chaired by David Gonski AC, and in partnership with Commonwealth Bank celebrates inspirational teachers who are making a transformative impact on children and school communities around Australia.



Schools Plus

Commonwealth Bank

Twelve outstanding teachers or school leaders will be chosen for a prestigious award valued at \$40,000, including funds for a strategic school project and participation in a unique 12-month Teaching Fellowship. Plus, 10 exceptional early career teachers will receive a \$10,000 scholarship for professional development and an exclusive leadership program supported by Salesforce.

From new teachers to experienced educators making a real difference in the lives of our children, we want to recognise and celebrate them. Nominate an outstanding teacher or apply yourself from **4 March to 8 April 2024**. Visit [schoolsplus.org.au/awards](https://schoolsplus.org.au/awards).

## Shout Outs Term 1 2024 - 27th February till 7th March

Oscar Millen	Being safe and a great listening student in the pool
Luis Lee	Always trying his best and being super nice to his friends
Maddi Sturzaker	Neat handwriting
Danica Sweet	Her great counting in German
Dante Saunders	Knowing how we learn from each other
Eliana Dodge	Neat handwriting
Dante Saunders	Trying really hard and completing her work
Victor Hugo	Trying really hard at his counting in German
Lucas Davis	Being so respectful
Carter Upston	Great handwriting
Amelie Olivera	Beautiful handwriting
Chase Davis	His great work in Drama
Hamish Bannon	Great handwriting
Ella Hugo	Being respectful in class
Oliver Bennett	Working super hard without being distracted
Kailan Wheeldon	Trying very hard doing his maths work
William McKean	His great attitude to working and staying focussed.
Brock Holden	Being an organised, respectful learner
Dante Saunders	Working really well on her Initialit task
Arthur Millen	Being an engaged and respectful reader
Rilee Brown	Being an engaged and respectful reader
Oliver Bennett	Completing his Initialit work
Matilda Jacobs	Being an engaged and respectful reader
Malakai Hyland	Trying his best during literacy
Evie King	Being an engaged and respectful reader
Sophia Giles	Being an engaged and respectful reader
Brooke Baillie	Being a respectful and well mannered learner
Kailan Wheeldon	Great focus during Initialit
Harrison Walker	Being super engaged in basketball drills in PE
Zhen Gbenimacho	Being a great helper

Well Done!

You are a Star

### SetUp for Success

Our early learning program, SetUp, 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. Our Kinder teacher, Mrs Selina Taylor, will run SetUp this year.



Term 1 - 2024	
Wednesday 13th March	NAPLAN begins
Monday 18th March to Wednesday 20th March	Year 7 Camp
Wednesday 20th March to Friday 22nd March	Year 8 Camp
Tuesday 26th March	Caritas Fundraiser
Thursday 28th March	Induction of College Leaders Holy Thursday prayer: beginning of Easter break
Wednesday 3rd April	Return to school from Easter break NHSSA Swimming Carnival
Friday 5th April	TPSSA Athletics Carnival
Thursday 11th April	End of Term Assembly; last day of Term 1 for Students

**Primary Assembly resumes at the original time  
of 2:10pm this Thursday.**

### Uniform update - Black Jackets

**Tomorrow (Thursday) is the last day to order black jackets for winter.**

You can order these through the Uniform Shop. It is advised to try these on before ordering as there will be no returns. Secondary students can order at the canteen.

Cost is \$60 and payment is required on collection which will be in Term 2. (date to be advised)

### Easter Raffle 2024

We are selling tickets now for the raffle which will be drawn on Holy Thursday (March 28th).

Tickets can be purchased at the office by parents or you can request a book to be sent home by contacting Mrs Tame or the office.

Secondary students can buy tickets at the canteen. There will be senior students selling tickets in the primary playground at lunch times.

Thanks for your support.





## **GFG Foundation Student Programme - Applications Now Open!**

We are thrilled to share the exciting news of the upcoming GFG Foundation Student Programme, set to commence in Term 2 in South Australia, Queensland, Tasmania, and New South Wales! This unique initiative is a collaborative effort between the GFG Foundation, CSIRO, and Prince's Trust Australia, offering an incredible 20-week after-school experience for Year 9 and 10 students across all locations and 10-week opportunity for Year 7 and 8 students in Newcastle, Whyalla and George Town.

### ***What to Expect:***

**Immersive Learning:** Dive into an engaging programme featuring inquiry-based STEM projects, industry connections, and the development of essential enterprise skills.

**Career Exploration:** Encourage students to explore diverse career pathways while providing a rich and immersive educational experience.

**CSIRO's CREST Program:** Guiding students through inquiry projects with a community focus, fostering a love for research, engineering, science, and technology.

**Prince's Trust Australia's Achieve Program:** Supporting the development of enterprise skills and providing valuable careers education.

### ***Impact on Students:***

The GFG Foundation Student Programme successfully operates in South Australia, New South Wales, and Tasmania with Brisbane set to launch this year. Evaluation data showcases the positive impact on participating students, including improved inquiry and enterprise capabilities, increased confidence, heightened community awareness, and a clearer understanding of future study and career options.

### ***Equal Opportunities for All:***

We are pleased to offer this unique learning experience to students at no cost, emphasising our commitment to providing equal opportunities. We believe every passionate and curious student should have the chance to participate without constraints.

### ***How to Apply:***

As we near Term 2 commencement, we warmly invite students from grades 7 to 10 to apply for the GFG Foundation Student Programme. With only 35 placements per cohort, now is the time to apply.

Fill out the application form via <https://www.csiro.au/en/education/Programs/GFG-Foundation-students>