

Star of the Sea Catholic College Newsletter

Tuesday 19th March 2024

From the Principal

At our Secondary assembly on Friday the Year 9s talked a little bit about the character strength of forgiveness. Forgiveness can be described as “extending understanding towards those who have wronged or hurt us. It means to let go. In many cases this is the letting go of some or all of the frustration, disappointment, resentment, or other painful feelings associated with an offence.”

Just over 4 years ago, Sydney father Danny Abdallah lost three of his children and a niece (all aged between 8 and 13) when they were killed after being struck by a car, driven by a drunk driver, while out walking to get an ice cream. Those of us who are parents can only imagine how painful this must have been for the father and the rest of the family.

But rather than seeking revenge, Danny Abdallah did something extraordinary. He went and visited the driver of the car in jail, had a conversation with him, and forgave him. Why? “He said his main reason for forgiveness, aside from his faith, was not having the feeling of “revenge and bitterness and anger” in his household that could be passed down to his kids.” (skynews.com.au 13th Nov 2023) In other words, in order to move on with his life, he knew he had to forgive. He could not wallow in grief and anger for the rest of his life.

While Abdallah’s story is quite unique, all of us have opportunities to forgive rather than hold grudges or hold onto anger for the rest of our lives. And we don’t always have to see the person who has wronged us face-to-face in order to forgive them. Many adults have found they needed to forgive their parents, who had died, for various things that had been done to them while they were a child. They needed to forgive their parents in order to let go and move on with their lives.

This Friday is a Day of Mercy in the Archdiocese of Hobart, a day when people are encouraged to be involved in the Sacrament of Reconciliation in their local parish. Just as it is important for us to forgive, it is also important for us to seek forgiveness. It is not healthy for any of us to live with regret for the times we have hurt people, or for the times we have not been the people God calls us to be. Too many people live with shame due to past wrongs or, even worse, due to others shaming them because of these wrongs. We know we worship a loving and forgiving God, a God who does not want us to live in shame.

God calls us to keep moving forward with our lives, and to not let things that have happened to us prevent us from being who we are called to be. As the season of Lent starts to draw to a close, let us take opportunities where we can to forgive, and to be forgiven.

Richard Chapman, Principal



*Attentiveness,
Hospitality
and
Compassion.*

Your sins are great? Just tell the Lord:

Forgive me,
help me to get up again,
change my heart! -

Pope Francis

*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

Partnership in action

The work of Caritas Australia is only possible with the dedication, passion and tenacity of our local partners who implement the programs. They are the heroes on the ground, working tirelessly behind-the-scenes every day to create a better future for their communities.

Caritas Australia partners with the Faithful Companions of Jesus (FCJ) to support communities living in urban slums in the Philippines. FCJ runs a number of programs that include house renovating, food processing, basic literacy skills, urban gardening, upcycling and income generating activities. They also have a clinic visited weekly by a doctor and community nurse.

Caritas Australia partners with Caritas Samoa to assist communities to have increased access to clean water, sanitation and hygiene to ensure human health and well-being by providing water tanks and sanitation facilities.

Caritas Australia partners with the Catholic Development Commission in Malawi through the A+ program. Since 2016, the A+ program has helped 7,397 families across Malawi improve their food security, access to basic water and sanitation, boost women's income generation and strengthen child protection.



Heart
Spirituality
Attentiveness



Hospitality
Compassion

Stars of the Week - 14th March 2024

Kinder	Lenny Singline	For having a go at everything at Kinder and always following the rules and expectations.
Prep	Zhen Gbenimacho	For very good listening and great concentration in Prep.
Grade 1/2	Amelie Olivera	For excellent story writing skills.
Grade 2/3	Vanessa Linley	For always trying her best and being a great friend to those around her.
Grade 4	Matilda Jacobs	For her strong work ethic and excellent concentration during Mathematics.
Grade 5/6	Scarlett Baillie	For consistently producing work that is neat and presentable. Keep up the great work!

From the Deputy Principal

Social and Emotional Learning

Social and emotional learning, sometimes abbreviated to SEL in schools, is a strength based, developmental process that is life long, beginning at birth and continuing throughout a person's life. Social and emotional learning is a process where people learn skills to support the way they interact with others and develop the capacity to establish and maintain healthy relationships. It is also a process where individuals develop skills, knowledge and understanding about themselves and how they respond to the world around them.

Children and adolescents benefit from ongoing learning experiences that help to shape their awareness of how they can engage positively in the world around them. We are all capable of improving the ways in which we engage with others. Thinking about our behaviours and how these impact others can lead us to make better decisions about the ways we interact.

Jesus modelled qualities such as kindness, empathy and respect and appealed to all people to live their lives in a way that ensures these things are evident in our actions. At Star of the Sea, we use this model to inform and guide our thinking.

Our continued focus on safety and respect is important and necessary. All human beings are prone to making mistakes. We are impacted by the environment around us and the people within that environment. It is our responsibility to continually reflect on our actions and behaviours and to help the children and young people in our care to do the same.

In the primary school, we focus a great deal on teaching children about the ways in which they can be safe and respectful. We have conversations about what safe and respectful behaviour looks like. We affirm students who are displaying safe and respectful behaviours and we re-teach expectations around these things regularly.

In the family you can support this learning by discussing the ways you as a family show respect to one another and how, when something happens that is frustrating or difficult, you manage your emotions so that relationships continue to be safe and respectful. Family relationships can be dynamic and challenging sometimes, so there are inevitable moments when emotions become heightened. Children and adolescents especially, experience heightened emotions and at times can have great difficulty regulating those emotions. It is important that we help them to develop an awareness of the emotions they are feeling and what they can do to help them better balance their emotions as they experience them.

We are always working on helping young people to understand their emotions and how they can better regulate these. In the secondary school we are continuing our focus on learning about character strengths and how we can make use of these in positive ways. You can read more about character strengths by visiting www.viacharacter.org and taking the survey yourself to identify your own character strengths.



Year 7 Camp



Staff Movements

Mrs Harmer is away tomorrow and Friday on Professional Learning and leave. Various staff are away on Year 7 and Year 8 Camp this week.

Year 7 and 8 Camps

The Year 7s are currently away on camp and will return tomorrow. Meanwhile, the Year 8s will begin their camp to the East Coast tomorrow and will return on Friday.

Holy Thursday - Washing of the Feet

Next Thursday 28th March is Holy Thursday and the Holy Thursday service will be held in the church beginning at 6pm. Star of the Sea is providing as many students as possible to have their feet washed (a total of 12 people are required). We already have about 7, so if you would like your child to be involved in this, please leave a message for Mr Chapman at the office and he will contact you to provide details.

Holy Week Services

Attached to this newsletter are the times for the Holy Week services for Our Lady Star of the Sea Catholic parish. All are welcome to attend. You may see some familiar faces playing music on Palm Sunday, Holy Thursday and at the Easter Vigil.

Day of Mercy

The Archdiocese has instigated a *Day of Mercy* for this Friday 22nd March, where the sacrament of Reconciliation will be available at various places throughout the state. In George Town, the sacrament will be available in the Church between 4pm and 5pm. It will be followed by Stations of the Cross.

Induction of College Leaders and Holy Week Prayer

Next Thursday 28th March we will be gathering as a school for Holy Week prayer and the induction of the 2024 College Leaders. It will be held in the Church beginning at 10am. Families and friends are welcome to attend this special occasion.

Progress Reports

Our teachers are finalising Progress Reports and these will be released on Compass next week. The purpose of Progress Reports is to give families an indication as to how their child has started school in 2024. There are no A-E marks on Progress Reports.

NAPLAN

Most of our NAPLAN tests are finished, with just a few students who were absent to catch up on their tests. Thank you to all of the students for their efforts over the week and for Mrs McGillivray for organising the tests.

GFG Foundation Student Program

Attached to this newsletter is further information about the GFG Foundation Student Program, which runs in Term 2 for Years 7 and 8 (one afternoon a week) and Terms 2 and 3 for Years 9 and 10 (one afternoon a week). It is a great program and we would encourage all secondary students to consider getting involved.

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.



Day of Mercy

Friday,
22 March

*"Don't be afraid to go to the Sacrament of Confession, where you will meet Jesus who forgives you."
Pope Francis*

Sacrament of Reconciliation will be available at Our Lady Star of the Sea Catholic Church between
4pm and 5pm.

This will be followed by Stations of the Cross.

 Archdiocese of Hobart

Find times and locations for the Sacrament of Reconciliation
hobart.catholic.org.au



GEORGE TOWN- LILYDALE- KAROOLA
OUR LADY STAR OF THE SEA PARISH
HOLY WEEK 2024

24TH MARCH PALM SUNDAY - HOLY MASSES
LILYDALE- HOLY MASS AT 9.00 AM
GEORGE TOWN- HOLY MASS AT 11.00 AM
(THERE WILL BE NO VIGIL MASS ON SATURDAY)

28TH MARCH 2024- MAUNDY THURSDAY
THE LORD'S SUPPER & WASHING OF THE FEET
IN GEORGE TOWN AT 6.00 PM

29TH MARCH 2024- GOOD FRIDAY
GEORGE TOWN - 9.30 AM STATIONS OF THE CROSS
KAROOLA- AT NOON COMMEMORATION OF THE LORD'S PASSION
GEORGE TOWN- AT 3.00 PM COMMEMORATION OF THE LORD'S PASSION

30TH MARCH 2024 -EASTER CELEBRATION
10.30 AM TO 11.30 AM SACRAMENT OF RECONCILIATION (INDIVIDUAL CONFESSION)
GEORGE TOWN - EASTER VIGIL 6.30 PM

EASTER SUNDAY- HOLY MASS IN KAROOLA AT 9.00 AM
EASTER SUNDAY- HOLY MASS IN GEORGE TOWN AT 11.00 AM



FATHER BALASUNDARAM ANTONYRAJ CPPS
PRECIOUS BLOOD MISSIONARIES

Shout Outs 6th March to 8th March

Lachlan Smith	Being respectful to teachers
Marli Leslie	Star attentiveness in assembly
Archie Davidson	A great day
Amelie Olivera	Keeping our classroom clean
Mia Barker	Being a Star in assembly
Oscar Millen	Great listening through German
John Lethborg	Great listening through German
Chase Davis	Great listening through German
Yueni Tan	Great listening through German
Mia Barker	Great listening through German
Victor Hugo	Trying super hard while doing 'learn to draw'.
Chad Jenkins	Focusing on his work while on the computer
Aylah Summers	Great efforts in German
Luis Lee	Focus in Maths
Oliver Bennett	Working soundly while on the computer
Axel Grimsel-Gray	Great efforts in German
Danica Sweet	Working soundly on her computer and focusing on her work

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	
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



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>