

# Star of the Sea Catholic College Newsletter

Tuesday 25th February 2025

## From the Principal

How do we respond when people insult us? I asked myself this week after I heard the news report of Donald Trump randomly calling Volodymyr Zelenskyy a “dictator” and saying that Ukraine had started the war against Russia. It is hard enough to respond to people who insult you in private, let alone with the whole world watching!

Most of us will not be in a position where the President of the United States insults us over social media, but many of us will be found in the position where the insults come from elsewhere - family members, work colleagues, even the people we are trying to help. (I’ve had my fair share of insults from students over the years as a teacher!) And these days, many of the insults we receive will occur over social media.

Our automatic reaction is usually that we want to throw an insult back at the person who delivered it to us. And in the heat of the moment, it seems like a good thing to do. We usually see insults as unfair and they offend our sense of justice, so we want to defend ourselves and we do so by saying something nasty back to people who are nasty to us.

But in hindsight, we all know what happens when we throw insults back. More insults are thrown at us and, before long, we are involved in a never-ending argument which no one will win.

So is there a better way to handle these occasions?

Strangely enough, the best first step is silence. Staying silent does two things. It allows us to process what has been said (in which case we don’t automatically react with an insult back), and it allows the person who has insulted us the opportunity to process what they have said. Quite often people say things in the heat of the moment rather than thinking them through. Their only aim is to hurt us at that point in time because they feel hurt themselves. Silence, whether it be on social media or in real life, is a powerful first step. I have received a number of insulting emails in my life which I simply have not responded to. Or I have responded by ignoring the insults and focusing on the issue.

The second step, which is harder, is forgiveness. We can’t change many things in life. We can’t change what people have said to us, or how they feel about us. All we can do is accept that things have been said, forgive and let go. There is nothing to be gained by engaging in insulting conversations or carrying around past hurts. Forgiving the person who insulted us allows us to continue to move forward without lives. We can’t change what the other person chooses to do with their hurt. That is their responsibility.

There will always be times in our lives when we are on the receiving end of other people’s hurt in the form of insults. However we have the choice of what we do in response. And it is our response which tells us what sort of human beings we wish to be.

**Richard Chapman**  
Principal



*Attentiveness,  
Hospitality  
and  
Compassion.*

**Insults are the arguments employed by those who are in the wrong. - Jean-Jacques Rousseau**

*Star of the Sea Catholic College acknowledges the Leterremairener people as the traditional custodians of the land on which our school stands.*



PO Box 206, Corner of Friend and William Street, George Town, 7253

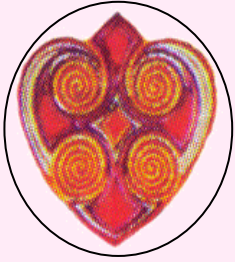
Ph: 6382 1242 Email: [sots.reception@catholic.tas.edu.au](mailto:sots.reception@catholic.tas.edu.au)

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Star of the Sea Catholic College

Heart  
Spirituality



Attentiveness  
Hospitality  
Compassion

## Religious Education and Faith Development

Many would be aware that Pope Francis is currently in hospital with double pneumonia. This week we offer our prayers for Pope Francis and his recovery.

The below prayer was written by Father James Martin SJ.

### A Prayer for Pope Francis

Loving God,

We ask you to look with favour on your servant Francis,  
who has served you as a Jesuit, a priest, an archbishop,  
a cardinal and now as a pope.

Most of all, he has served you as a faithful Christian,  
sharing the love, mercy and compassion  
that your Son showed to all he encountered,  
especially those who were poor or struggling.



As Francis faces this new illness,  
help the doctors and nurses who care for him,  
help him to bear any pain with grace,  
and help him to heal quickly.

We ask this in your Holy Name.

Amen.

## Stars of the Week - 20th February 2025

Kinder	Mason Davenport	For being such a great friend and a great example of what to do at Kindergarten.
Prep	Lenny Singline	For a great start to his Prep year and for being a great friend.
Grade 1/2	Harrison Walker	For trying his best during Literacy and Maths. Keep up the great work!
Grade 3	Marli Leslie	For aiming high and demonstrating a great perseverance and focus in all learning areas.
Grade 4/5	Sophia Giles	For being incredibly welcoming to new students in the class.
Grade 5/6	Kayleb Jones	For his enthusiastic approach towards commencing Grade 6 at Star of the Sea Catholic College.



## Hook in 2 Hockey

The Hookin2Hockey program has been developed to give children aged 5 - 12 years an opportunity to learn the game of hockey and perfect the skills in a modified game-based environment. Games are played on smaller fields with less players for greater player participation.

Mini Games - Big Fun!

Hockey Tasmania has partnered with Aurora Energy to provide sticks and shinpads for anyone who needs them.

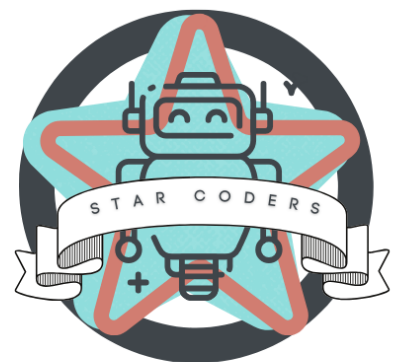


## STAR CODERS LEGO LEAGUE

Lego League will be commencing tomorrow Wednesday 26th Feb in the secondary area at 3.15 to 4.30 pm

This is open to any George Town student from Grade 4 to Grade 7. Please bring snacks, drinks, and a computer and your best team spirit.

Please note parents are responsible to collect students at 4.30pm.



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Ph: 6382 1242 Email: [sots.reception@catholic.tas.edu.au](mailto:sots.reception@catholic.tas.edu.au)

## Staff Movements

- Mr Laurence and Mrs Stewart will be away Wednesday to Friday on Year 7 Camp.
- Mr Chapman will be away next Monday at Professional Development.
- Mrs McGillivray will be away next Monday at Professional Development.
- Mrs Robotham will be away next Tuesday at a Deputy Principal's meeting.

## Year 7 Camp

Our Year 7s are on camp from Wednesday to Friday this week in Ulverstone. We wish them well and it promises to be a great time for them all.

## Clean Up Australia Day

This Friday our students will participate in Clean Up Australia Day. The event will be run by our student leaders.

## Shrove Tuesday and Ash Wednesday

Next Wednesday, 5th March is Ash Wednesday, the beginning of Lent in the Catholic Church's calendar. On this day there will be no meat products served at the canteen as this is a day of abstinence.

The day before is Shrove Tuesday, where people traditionally eat pancakes as a symbol of feasting before a 40 day period of having less or going without. We will be providing pancakes to all of our students next Tuesday as a symbol of this.

## School As Normal on Wednesday 26th February

Wednesday 26th February (tomorrow) is the Launceston Cup, and while DECYP schools have the day off, school is as normal at Catholic schools. Therefore, Star of the Sea students have school as normal tomorrow.

## College Board

Would you like to join the College Board? The College Advisory Board is an important part of the school. It meets 6 times per year in the evening for about 1 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.

## Hot School Lunches

School lunches this week are as follows:

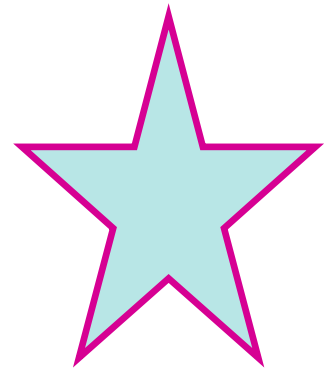
**Wednesday** - Grades 3-6

**Friday** - Prep - Grade 2

<b>Wed 26th - Fri 28th Feb</b>	Year 7 Camp
<b>Friday 28th February</b>	Clean Up Australia Day
<b>Tuesday 4th March</b>	Shrove Tuesday
<b>Wednesday 5th March</b>	Ash Wednesday
<b>Wednesday 12th March</b>	Star of the Sea Swimming Carnival Yr 3-10 NAPLAN begins
<b>Wednesday 2nd April</b>	NHSSA Swimming Carnival
<b>Thursday 3rd April</b>	TPSSA Athletics Carnival
<b>Tuesday 8th April</b>	Caritas fundraiser
<b>Thursday 10th April</b>	End of Term Assembly; last day of Term 1 for students
<b>Friday 11th April</b>	Staff Spirituality Day
<b>Friday 25th April</b>	ANZAC Day

## Shout Outs 11th February to 20th February

Date	Name	Reason
11/2/25	Logan Hawkins	Excellent listening in PE
12/2/25	Ashton Goodridge	Persisting in a hard learning activity
13/2/25	Chad Jenkins	Excellent spelling
	Joseph Pride	Excellent spelling
	Jaxon Hillard	Excellent spelling
	Archie Bennett	Excellent spelling
	Kailan Wheeldon	Excellent spelling
	Dante Saunders	Excellent spelling
	Kiara Fisher	Excellent spelling
	Chantz Brown	Excellent spelling
	Isabelle Saunders	Excellent spelling
	Oliver Bennett	Excellent spelling
14/2/25	Joseph Pride	Sharing with others
	Malakai Hyland	Excellent literacy work
	Chantz Brown	Excellent handwriting
	Chad Jenkins	Excellent handwriting
17/2/25	Sam Moore	Helping in the classroom
	Alby Hawkins	Helping in the classroom
	Spencer Scher	Helping in the classroom
	Isabel Walker (3)	Neat RE work
	Makenzie Victor	Listening and hard working
	Joseph Pride	Great math work
	Logan Suitor	Neat RE work
	Madalyn Goodridge	Listening and hard working
	Marli Leslie	Adding extra detail to her work
	Thomas Smith	Beautiful handwriting
	Alison Pride	Helping to tidy up at the end of the day
	Eileithya Quilty-Maguire	Helping clean up at the end of the day
	Ruby O'Dine	Helping clean up at the end of the day
	Bienvenido Bennett	Listening and hard working
	Chad Jenkins	Listening and hard working
	Lachlan Smith	Listening and hard working
18/2/25	Makenzie Victor	Awesome handwriting
	Lucas Vincent	Awesome handwriting
	Logan Suitor	Awesome handwriting
19/2/25	Madalyn Goodridge	Great story writing
	Kailan Wheeldon	Great story writing
20/2/25	Lucas Vincent	Excellent work in Health
	Temperance Targett	Being so kind
	Chad Jenkins	Excellent work in Health
	Madalyn Goodridge	Excellent work in Health
	Temperance Targett	Being kind and caring
	Temperance Targett	Being so kind



### SetUp for Success

Our early learning program, SetUp, is back in 2025 and will begin tomorrow, **Wednesday 19th February**. 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. Our Kinder teacher, Mrs Selina Taylor, will run SetUp this year.





## From the Deputy Principal

**At Star of the Sea we are safe, respectful, engaged learners.**

This statement is a fundamental expectation we have of all students at Star of the Sea. In all of our conversations about behaviour and learning expectations, we focus on these three key things. If students are always being safe, respectful and engaged learners, it is most likely they are meeting our school-wide expectations. Students are also required to be safe and respectful when using devices and communication technology at all times. There is no place for unsafe or inappropriate behaviours at our school. Physical aggression and abusive behaviours such as swearing are not acceptable.

When students are not able to meet these expectations, then we have a process that we follow to address concerns. In our younger aged students this involves conversations and consequences such as missing out on recess or lunchtime play, being relocated to a buddy class or working in an alternative space.

With older students, consequences may include those already listed as well as being relocated to the Study Centre for a period of time or being issued with a lunchtime detention or after school detention for more serious concerns. Sometimes behaviours are serious enough that a student will be internally suspended, which means they complete their suspension at school or externally suspended, which means they are required to stay away from school for a designated period of time. Behavioural concerns are recorded in our student Compass records. We are also required to provide some of this data to the CET periodically.

Students are not permitted to access mobile phones or smart watch communications during school hours. This is a CET directive and all students in all Catholic schools are required to adhere to this expectation. If students fail to comply, then mobile phones or devices being used will be confiscated and placed at the office.

### Medication Reminder

If students are required to take a specific medication at any time whilst at school, then this needs to be discussed with either Mrs Frankcombe or Mrs Wood in the office. All medication must be stored in the office. Please follow this process for all medication, this included prescription and non-prescription medications.



create the 2025  
**SEAGULLS to CHIPS**  
program

feb 25  
mar 4  
mar 11

3:00pm-4:30pm  
tuesdays  
@ the launchpad

CONTACT US

email [andrew.beeston@georgetown.tas.gov.au](mailto:andrew.beeston@georgetown.tas.gov.au)  
web [www.futureimpactgroup.org.au/our-futures](http://www.futureimpactgroup.org.au/our-futures)  
socials [@georgetownyouthimpactcouncil](https://www.instagram.com/georgetownyouthimpactcouncil)

**SEAGULLS TO CHIPS**  
YOUTH WHO SEIZE OPPORTUNITY



**launchpad pop in**

3:00-4:30PM  
THURSDAYS  
@ THE LAUNCHPAD

- open for youth aged 12-17
- connect with local youth services
- free food
- various programs of support available
- school term only

CONTACT US

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web [www.futureimpactgroup.org.au/our-futures](http://www.futureimpactgroup.org.au/our-futures)  
socials [@georgetownyouthimpactcouncil](https://www.instagram.com/georgetownyouthimpactcouncil)

Youth Impact COUNCIL