

Star of the Sea Catholic College Newsletter

Tuesday 11th March 2025

From the Principal

This year the season of Lent in the Catholic church and the period of Ramadan in Islam are crossing over for the month of March. Both of these have things in common. The timing of both are related to full moons (which is why the date of Easter changes each year), and both call upon their followers to fast during these periods of time.

In modern society, the idea of fasting, or going without food for periods of time, might seem pretty strange to those who don't follow any particular religion. In saying that, many doctors and nutritionists might suggest fasting as it has been shown to help with weight loss, thinking and memory, and controlling blood sugar and blood pressure (however, I'm not a doctor, so check with yours before suddenly launching into regular fasting!).

But even if we don't consider ourselves particularly religious, the concept of fasting can still be beneficial to us for a few reasons.

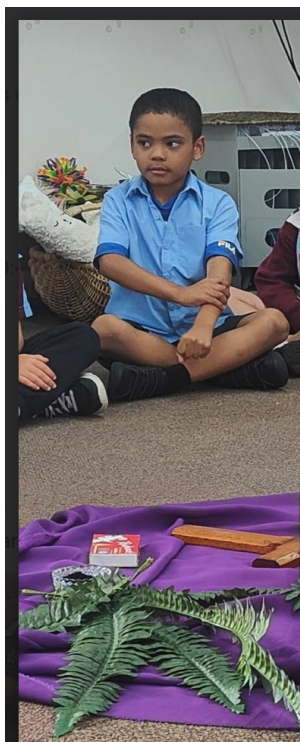
Firstly, it helps us to have an appreciation of how around 700 million people on the planet live each day, because this is roughly how many people go hungry each day around the world. People go hungry for many reasons - war, famine, forced displacement - but even closer to home, with the rising cost of living, people in Tasmania can go hungry as families decide between paying bills and putting food on the table. By letting ourselves go hungry, we are able to put ourselves into their shoes and have a greater sense of empathy for them.

Along with this, fasting helps us to reflect on how much we are in control of our lives. We live in a world where our desires can be met pretty quickly. If we feel hungry, we go and get food. If we want entertainment, we stream something on TV. But if we are constantly giving in to our desires, we are not practicing our self-control, and it is self-control that allows us to stay calm in difficult situations.

Finally, by emptying ourselves, we are creating space for others. By not spending lots of time looking in the fridge or cupboard for something to eat, or eating in front of others, it allows us to fully engage with others around us, and perhaps even let God enter that emptiness.

Fasting can be hard work, but it is not useless work. It allows us to get in touch with ourselves and others. During this Lent, whether we see ourselves as particularly religious or not, you may want to try fasting as a way of opening up your life to others.

Richard Chapman
Principal



*Attentiveness,
Hospitality
and
Compassion.*

*The discipline of
fasting breaks you
out of the world's
routine. -
Jentezen Franklin*

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



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Star of the Sea Catholic College

Heart

Spirituality



Attentiveness

Hospitality

Compassion

Religious Education and Faith Development

First Week of Lent



This Lent, we're invited to *Unite Against Poverty* with Caritas Australia's Project Compassion. This year is especially significant as we celebrate the Jubilee Year - *a time of renewal and solidarity*.

Project Compassion 2025 shares three stories from around the world. We'll meet Toefuata'iga - (*Toy-foo-ah-tah-ing-ah*) a young student from Samoa who faced severe water shortages at her school. Thanks to Caritas Australia and the generosity of supporters like you, her school now has a 10,000 L water tank improving hygiene and allowing the teachers to prioritise education.

We'll get to know Lam from Vietnam. Born with short stature, Lam faced social exclusion and limited employment opportunities – through the I-SHINE program, Lam is now a freelance graphic designer.

And we'll meet Irene from the Democratic Republic of the Congo (*DRC*) who faced immense challenges after losing her father to war and raising her children in poverty. With support from Caritas Australia, Irene received vocational training in sewing and farming and can now support her whole family.



Please donate today.

You can support Project Compassion 2025 through the donation boxes, envelopes, buying a ticket in our Easter Egg raffle or by scanning the QR code.



Stars of the Week - 6th March 2025

Kinder	Jackson Barwick	For being such a dedicated helper when it's time to pack away the outdoor equipment.
Prep	Willow Brown	For a most fantastic start to her year in Prep and working so very well and being so kind.
Grade 1/2	Zeke Matthews	For his focus and effort towards his InitialLit lessons.
Grade 3	Bienvinido Bennett	For consistent focus and dedication towards completing his class work.
Grade 4/5	Kirra-Lyla Harris	For her very strong work ethic and careful bookwork.
Grade 5/6	Brock Holden	For aiming high and volunteering to read out loud during classroom literacy activities. Keep up the great work!

Women's Day Breakfast

The Year 10 Leaders were invited to participate in the International Women's Day Breakfast hosted by the George Town Soroptimists.

It was a great opportunity to hear the stories of inspirational women and share a delicious breakfast.

This year's International Women's Day theme is ***"Accelerate Action to achieve Gender Equality"***



Ash Wednesday



Staff Movements

Mrs Broughton is on leave until March 19.

Mrs McGillivray is on leave this Thursday and Friday.

Mr Goodall is on leave next Monday.

Mrs Briscoe is on leave next Monday.

Amy, our College counsellor, is on leave next Monday and Tuesday.

Progress Reports

Progress Reports will be available on Compass this week. The purpose of Progress Reports is to give parents and carers a simple snapshot as to how their child has started in 2025. In the cases where a teacher has ticked the "Contact Required" box, we would ask parents and carers to contact that teacher via the College office for a conversation.

Swimming Carnival

Tomorrow (Wednesday) we will be holding our Grade 3-10 Swimming Carnival at the George Town pool, beginning around 10:30am. Parents and families are most welcome to come along and support. Timetable of events overleaf.

NAPLAN

As families would be aware, NAPLAN starts tomorrow for our Grade 3, 5, 7 and 9 students. While the students will participate in one test this week, the remaining tests have been scheduled for next week.

Year 8 Camp

Our Year 8s will be attending camp next week on the East Coast. We wish them well and, with our continuing warm weather, it is sure to be a good time.

2024 College Yearbook

Our 2024 College Yearbook was given out last week and is a great memento of the year that was. A big thank you for the hard work of Mrs Davis and Mrs Robotham who put the yearbook together.

Emergency Drill Notice

In the coming days, we will conduct an unannounced emergency drill to assess our response to a potential situation where staff may identify a threat that would require the school to go into lock-down, as opposed to evacuating.

Just like fire drills, we understand the importance of practicing this process to ensure readiness in case of an emergency.

We are taking steps to ensure that this drill will be as minimally disruptive as possible for both staff and students.

If you have any questions or concerns, please feel free to contact our Safety Officer, Kirsten Seymour, at 0447480963.

GRIP Leadership Day

The Year 10 Leaders will be attending the GRIP Leadership Day in Launceston on Friday where they will have the chance to meet with other school leaders from the north of the state and to learn some skills in being a school leader.

School Lunches

School lunches for this week are:

Thursday - Grades 3-6 (due to Swimming Carnival)

Friday - Prep - Grade 2

2025 Schools Plus Teaching Awards

Because great teachers change children's lives – Teaching Awards applications are now open!

National education non-profit Schools Plus is seeking nominations and applications for the 2025 Schools Plus Teaching Awards supported by Commonwealth Bank. Twelve outstanding teachers will be chosen for a prestigious Teaching Fellowship valued at \$20,000, including \$10,000 for the awardee's school to plan and undertake a high impact school visit program. This will provide in-situ experiential learning at one or more schools/sites and contribute to advancing school improvement and student learning outcomes.

Nominate an outstanding teacher or apply yourself before 8 April 2025. Visit schoolsplus.org.au/awards.



Great teachers change
children's lives.
Schools Plus | Commonwealth Bank

Year 3-10 Swimming Carnival program

Swimming Schedule		Land activities
10:30	Arrival + recess	
10:45	House swim	
10:50	25m freestyle 3-6	
10:58	25m freestyle 7-10	
11:06	Novelty- dog paddle 3-6	Grade 8 - 10 mins
11:14	25m breaststroke 3-6	Grade 9 - 10 mins
11:22	25m breaststroke 7-10	
11:31	Novelty - kickboard 3-6	Grade 7 - 10 mins
11:39	25m backstroke 3-6	
11:54	25m backstroke 7-10	Grade 3 - 10 mins
12:11	50m freestyle primary female open	
12:13	50m freestyle primary male open	
12:15	50m freestyle 7-10	Gr 4/5 - 8 mins, grade 5/6 8 mins
12:31	Novelty noodle race 3-6	Grade 10 - 10 minutes
12:47	25m open female primary butterfly	Grade 9 - 10 minutes
12:49	25m open male primary butterfly	
12:51	25m butterfly 7-10	
12:53	lunch	
13:20	25m butterfly 7-10	Grade 3, 4/5, 5/6
13:36	4x25m medley relay - secondary female	10 mins each
13:46	4x25m medley relay - secondary male	
13:56	4x25m freestyle relay primary female	Grade 9 - 10 mins
14:06	4x25m freestyle relay primary male	
14:16	4x25m freestyle relay secondary female	
14:26	4x 25m freestyle relay secondary male	
14:36	Staff V Students	
14:40	House points + finish	



We are calling for Easter egg donations for our major fundraiser for Term One. Our Easter raffle raises money for Project Compassion, which supports the work of Caritas throughout Australia and around the world. Easter egg donations can be left at the front office and it would be greatly appreciated if these could be received by early March so we can put our raffle prize on display. Raffle tickets will be available soon.

SetUp for Success

Our early learning program, SetUp, is back for 2025.

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.



Wednesday 12th March	Star of the Sea Swimming Carnival Yr 3-10 NAPLAN begins
Wednesday 2nd April	NHSSA Swimming Carnival
Thursday 3rd April	TPSSA Athletics Carnival
Tuesday 8th April	Caritas fundraiser
Wednesday 9th April	End of Term Assembly
Thursday 10th April	Last Day of Term 1 for students
Friday 11th April	Staff Spirituality Day
Friday 25th April	ANZAC Day