

Star of the Sea Catholic College Newsletter

Tuesday 4th March 2025

From the Principal

A lot of athletes and sporting teams have a mantra these days about controlling what they can and letting everything else go. We hear it before big games (“We’ll just control what we can and won’t worry about what the other team might be doing”) or before big races (“I’ve trained hard, so I’ll just control what I can and hope I come out on top”).

It’s a good mantra to have, especially in a world which seems a little bit chaotic. Every day we seem to hear something more bizarre, while news sites try to frighten us with one thing or another. We can worry about all of this, but it doesn’t change the fact that we are only in control of certain things. And most of what we are in control of is ourselves and our reactions.

As a school we know that we can only be in control of certain things. We are in control of our timetable, we are in control of our processes, but the reality is we are not in control of how a student might turn up to school one day. They might have had a bad morning, there might have been some arguing within the family, they might have had a death in the family. We are not in control of that, so we can only control our reactions to it.

We enter into Lent tomorrow. The 40 days of Lent are a reminder of the 40 days that Jesus spent in the wilderness before beginning his ministry. During that time he battled the Devil, who tried to do deals with him. But Jesus was in control of himself. He didn’t try to argue with the Devil, he just was in control of himself in the situation that was presented to him.

Lent presents us with a time when we reflect on how well we are in control of ourselves, or maybe a better way of saying it, how well we are able to let go of, and not worry about, those things we are not in control of. It presents us with a time when we reflect on if we have been trying to control others, or if we have been worrying about things which are out of our control. Can we start to let go of that and trust God?

For some it will be a time of self-control, as they try to go without for 40 days. It might be going without chocolate, or social media, or alcohol. Our ability to do this tells us something about how well we are in control of things, or if we let other things control our lives.

Letting go of stuff that we can’t control is always hard, but it is an important part of our growth as human beings. It defines how freely we actually live our lives. May this Lenten season be a time where we can reflect upon this and come out the other side at Easter as freely as possible.

Richard Chapman
Principal



*Attentiveness,
Hospitality
and
Compassion.*

**You can't calm
the storm, so
stop trying.**

**What you can do
is calm yourself.
The storm will
pass. -**

Timber Hawkeye

*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



**PROJECT
COMPASSION**

First Week of Lent

(Week beginning Monday 10 March)

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 or by scanning the QR code.

Stars of the Week - 27th February 2025

Kinder

Ari Bezemer-Mahoney - For following the routines at Kindergarten and joining in so well.

Prep

Lewis Smith - For a wonderful start to Prep and all his helpful ways.

Grade 1/2

Ashton Goodridge - For his fantastic answers during class discussions. Keep up the great work!

Grade 3

Kailan Wheeldon - For excellent focus and engagement in imaginative story writing.

Grade 4/5

Sam Moore - For demonstrating excellent leadership qualities

Grade 5/6

Demitrius Quilty-Maguire - For his fantastic focus and determination during mathematical learning. Keep up the great work!

Grade 7 Camp



Clean up Australia Day



Staff Movements

Mr Chapman is away for the rest of this week at meetings.

Mrs McGillivray is away next Tuesday on Professional Learning.

Ash Wednesday

Tomorrow is Ash Wednesday, the beginning of Lent in the Catholic calendar. It is a special day of the year where we focus on going without.

- The Grade 3-10 students will have an Ash Wednesday liturgy in the Church at 10:15am. Parents and families are most welcome to attend.
- The Prep-Grade 2 students will have an Ash Wednesday service in the Primary area at 10:15am. Parents and families are most welcome to attend.
- There will be no meat products available in the canteen tomorrow.

School Lunches

School lunches for the next 2 weeks will be:

- **Thursday** - Grades 3-6 (due to Ash Wednesday and the Swimming Carnival)
- **Friday** - Prep - Grade 2

Book Packs

We hope to have a survey out soon on Compass to get feedback from parents about the way we do our Book Packs and what parents may think about a different way of doing it next year. We would encourage as many responses as possible to help us make a decision moving forward.

NAPLAN

NAPLAN testing will begin next Wednesday (12th March). Information has already been sent home to the families of students in Grades 3, 5, 7 and 9. If you require any further information, please feel free to contact Mrs McGillivray via the College office.

Eight Hour Day

Next Monday is a public holiday in Tasmania for Eight Hour Day, and as such the College will be closed for the day.

Complaints Process

Attached to this week's newsletter is a flowchart to follow for when parents or carers have a complaint. As a rule of thumb, it is usually best to raise the issue with the person closest to it (e.g. see the classroom or subject teacher first if there is an issue with learning or behaviour, rather than the Principal). We welcome parents and carers raising concerns with us, as quite often "we don't know what we don't know." Once we do know we can address it as best we can.

From the Deputy Principal

Shrove Tuesday (Pancake Day)

Today we celebrated Shrove Tuesday by sharing pancakes that were prepared by staff and some of our Student Leaders. Lent is traditionally a time of fasting and limiting more luxurious foods from our diet. This meant that people would cook up things like butter and eggs before Lent began, this is why the day before Lent begins is also known as Pancake Day. The word shrove, for Shrove Tuesday, comes from the word shrive, which means to confess sins in preparation for Lent.

Clean Up Australia Day 2025 School Supporter Event

A huge thank you to everyone in our community who participated in our school Clean Up Australia Day event on Friday February 28th. Across Australia, around 800 000 people participated in similar events around the country to help clean up local areas and make a difference to our environment. The Clean Up Australia Day organisation have sent a thank you message to our school community for our participation. If you would like to find out more about the success of this year's day head to www.cleanup.org.au



Kinder to Grade 2 Swimming

Our Kinder, Prep, Grade 1 and Grade 2 students are participating in their Swimming and Water Awareness Program this week from Monday to Friday. This is a fantastic opportunity to make the most of our local pool facility before it closes for refurbishment at the end of March.

Term One Swimming Program

Our Swimming Program for students in Grades 3-10 concluded last week. Well done to all students who participated and worked on improving their swimming and water safety skills. It was great to see the development of skills across the three weeks of the program.

Swimming Carnival Wednesday March 12

The Star of the Sea Swimming Carnival will be held on Wednesday March 12 for all students in Grades 3 - 10. We expect all students to attend school on this day. Students will wear their sports uniform and are also invited to dress in House colours for the day. There will be opportunities for students to participate in swimming events in the pool and also land-based activities in the grounds of the pool. The House Captains and Student Leaders are currently organising additional activities for students who are not involved in swimming events. The carnival will commence at 10:30 am. Students will be at school involved in normal lessons prior to walking to the pool.

From the Deputy Principal

International Women's Day

This week we will have the opportunity to raise awareness about International Women's Day and the messages connected to this. The theme this year is Accelerate Action. International Women's Day aims to raise awareness about and drive gender parity and reduce discrimination and disadvantage for women across the world.

International Women's Day Breakfast hosted by Soroptimist International - George Town

Mrs McGillivray and the Student Leaders attended a breakfast held today as part of the lead up to international Women's Day. At this event, leaders from a range of local industries spoke to participants about the role women play in leading our local community.



International Women's Day

#IWD2025 #AccelerateAction

March 8

www.internationalwomensday.com

CYBER SAFETY IN THE PREP ROOM

The preps are doing a cyber safety unit at the moment. This week we are covering Swoosh, Glide and Rule Number 5

There are 5 rules that are suggested in the book

- 1. 'Be kind, take turns!'
- 2. 'At dinner time no screen!'
- 3. 'Use it only in shared spaces!' Glide proudly said.
- 4. 'Ask before you use it!'
- 5. 'No taking screens to bed!'

Here is a link to a song to help the children remember <https://vimeo.com/508670246>





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 5th March	Ash Wednesday—no meat products served at the Canteen
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



What to do if you are a PARENT and you have a complaint

Contact the student's classroom teacher or another school staff member.

If your complaint is not resolved



Contact a senior school leader (e.g. Deputy Principal/Principal).

If your complaint is not resolved



Contact the Tasmanian Catholic Education Office via:

- the Feedback Portal (<https://catholic.tas.edu.au/contact-us>) or
- by emailing feedback@catholic.tas.edu.au or
- writing to Feedback, TCEO, PO Box 102, North Hobart, 7002, marking it Private and Confidential

If you do not feel comfortable raising your concerns at school level or if your complaint is about the school Principal, you can raise your complaint with the Tasmanian Catholic Education Office via:

- the Feedback Portal (<https://catholic.tas.edu.au/contact-us>) or
- by calling 03 6210 8888 during business hours or
- by emailing feedback@catholic.tas.edu.au or
- by writing to Feedback, TCEO, PO Box 102, North Hobart, 7002.

If your complaint is about the Tasmanian Catholic Education Office, you can raise your complaint with the Catholic Education Commission Tasmania

- by emailing cectsecretariat@catholic.tas.edu.au or
- by writing to CECT Chair, PO Box 102, North Hobart, 7002. marking it Private and Confidential.



Scan to access the feedback portal