

Star of the Sea Catholic College Newsletter

Tuesday 22nd July 2025

From the Principal

How do you feel right now as you are reading this? If you really stopped for a minute and got in touch with what emotion you were feeling at this very moment, would you be able to put a name to it?

Unfortunately, for a lot of us, myself included, the answer is no, we wouldn't be able to name our emotions. While we may know the words, to attach the words to the emotion we are feeling can be quite difficult for many of us. It is not something that we are generally taught as we grow up. Instead, we are left to make it up ourselves as we get older. This leads us to not having much to say about our emotions other than the classic "mad, glad or sad."

We might think that this is not really a big deal. After all, many of us are surviving adulthood quite fine without a wide range of words for our emotions. But not having words for our emotions can come with problems.

Firstly, it makes it difficult for us to communicate with others, especially those close to us. If we are unhappy in some way and our partner asks us what is going on, if we don't have the word to describe it then it becomes a guessing game. We may tell a story about what is making us unhappy, but our partner might read into that their own emotion and how they would feel in the same situation.

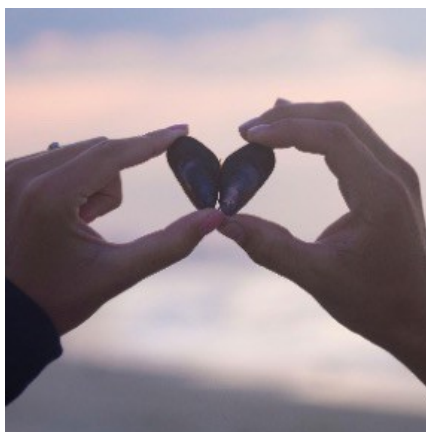
Along with this, it makes it difficult for our children to communicate with their parents or teachers. Something may have happened at school which is causing them grief, but if they aren't able to explain how they are feeling then we can only guess at how much it is troubling them. We will then start to put words into their mouth ("I know that this must be making you feel sad") which can be completely wrong or end up teaching the child the wrong word for the emotion that they are feeling.

Also, not having words for our emotions can prevent us from describing our human experience. It prevents us from writing our experience, or reading and understanding the experience of others. Imagine reading a book where the only words to describe the feelings of the characters were mad, glad or sad! It wouldn't be very enjoyable.

Sometimes you recognise things that you didn't realise were important until someone opens your eyes up to them. And because I think this is important, I'll take some time over the second half of this year in assemblies and in this newsletter putting forward some emotions and their meanings, so as a community we can grow together in communicating how we feel.

I'm certainly no expert, but hopefully what I put forward is useful to some people. In this way we can not only be the people who God calls us to be, but also be able to have life to the full and recognise this through the emotions we feel and can name.

Richard Chapman
Principal



*Attentiveness,
Hospitality
and
Compassion.*

*In the brain, naming
an emotion can
help calm it. -
Dr Dan Siegel*

*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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Ph: 6382 1242 Email: sots.reception@catholic.tas.edu.au



Star of the Sea Catholic College

www.starsea.tas.edu.au

Religious Education and Faith Development

Heart

Spirituality



Attentiveness

Hospitality

Compassion

Psalm for 17th Sunday in ordinary Time

Lord, on the day I called for help, you answered me.

I thank you, Lord, with all my heart,
you have heard the words of my mouth.
Before the angels I will bless you.
I will adore before your holy temple.

You stretch out your hand and save me,
your hand will do all things for me.
Your love, O Lord, is eternal,
discard not the work of your hands.



Stars of the Week - 26th June 2025

Kinder

Mason Davenport

For the effort he puts into accomplishing new learning by practising things from daily review time until he's got it.

Prep

Lenny Singline

For always having a go at things, for his patience and all his fun loving ways in Prep.

Grade 1/2

Noah Vincent

For trying his best to be a star learner during Maths and Literacy!

Grade 3

Amelie Olivera

For excellent focus and increasing ability in all areas of literacy. Well done Amelie!

Grade 4/5

Vanessa Linley

For always working to the best of her ability in all subject areas.

Grade 5/6

Henry Pride

For working really hard to finish his science report.

Term 2 2025 Awards

Application to Learning Awards

Kinder – Medea Qulity-Maguire

Prep – Isaiah Tilain

Grade 1– Lucas Davis

Grade 2 – Mason Giles

Grade 3– Elsie Sherriff

Grade 4– Alby Hawkins

Grade 5 – Evie King

Grade 6 – Ashton Ratcliffe



Merit Awards

Year 7

Ella MacFarlane – great work ethic

Scarlet Baillie – high achievement

Isabella Barwick - consistent effort and application

Joel Berger - consistent effort and application

Tahi Weeks - consistent effort and application

Kiarnah Baverstock - consistent effort and application



Year 8

Keegan Leslie – improved work ethic in Geography, History and Science

Charli Davey - consistent effort and application

Syd Schreuder - consistent effort and application

Paityn Tunks - high achievement

Kaiden Hewitt - consistent effort and application

Year 9

Ruby Clarke - consistent effort and application

Kaiden Hewitt - consistent effort and application

Erika Clark – effort in Computer Graphics



Cross Country Champions

Year 3 Chad Jenkins and Madalyn Goodridge

Year 4 William Singline and Willow Wynne

Year 5 Thomas Smith and Evie King

Year 6 Oscar Smith and Rayne Stafford

Year 7 Joel Berger and Avaya Hooper

Year 8 Tyler Wise and Paityn Tunks

Welcome to Term Three

Insight into Learning

On Monday teaching staff spent a day participating in Professional Learning meetings with a focus on sequencing learning, explicit teaching and providing directive feedback. TA's also participated in a session focused on professional boundaries. This was an opportunity for staff to work collegially and to reflect on their professional practice. Over the term teachers will continue to embed the strategies from the Insight into Learning Project into their teaching and learning programs. The Insight into Learning Project includes observations of classroom practice and feedback for teachers on their professional practice. This term observations of teachers and feedback on teaching will occur with staff from Shaping Minds, which is the organisation facilitating some of the Insight into Learning Professional Learning, as well as from peer teaching colleagues. Through these processes we continue to focus on the professional growth and development of our teachers and teaching assistants, using best practice and the Science of Learning to inform our areas of focus.

Student Learning and Engagement

Students began the term today and it was wonderful to welcome everyone after the holiday break. As we embark on the second half of the year, we are working to consolidate learning and build upon the knowledge and skills students have already successfully mastered. Mid year reports were shared via Compass at the end of Term Two and we hope students have had the opportunity to view their report and have a conversation about the achievements they have attained and areas for further development and effort. The Australian Curriculum is designed as a full year curriculum program and for this reason learning outcomes are expected to be attained by students in a particular grade by the end of the year. This means there is time in the second half of the year for students to continue to improve their academic progress and work towards attaining increased overall progress. Parent-teacher conferences are scheduled for Week Two and we welcome conversations with parents and guardians with regard to student progress and areas for further development.

Christmas in July - Wednesday July 30th

In Week 2 Year 10 Student Leaders will be holding a Christmas in July event. This will incorporate some outdoor Christmas activities set up under the Christmas lights display and an indoor Christmas themed movie. There is no cost for this event, however food and drinks will be available for purchase. So dig out your best Christmas outfit, your worst Christmas jumper, or some cozy Christmas themed clothes and your Christmas cheer and join us on July 30th for a fun evening. This event is for all students and will be held in the newly finished outdoor area on the Secondary Campus and the Secondary Gallery.

Details:

WHAT: Christmas in July

WHEN: Wednesday July 30

TIME: 4:30 pm - 7:00 pm



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CHRISTMAS IN JULY - RSVP

Name of student or family attending: _____

Number of people attending: _____

Please return this slip to the front office by Wednesday July 30th.

Staff Movements

There are a few staff movements this term due to some teacher movements.
Mr Fleming will be taking most of Mrs Broughton's load this term.
Mr Cook will be taking leave for the rest of this year as he works at another school.
Mr Laurence will return to teaching mainly in the secondary Health and PE area.
Mrs Ashenden will be taking Prep on a Friday while Mrs Halley has time to do her ILRE role.
Mr Odgen will be taking Primary Health and PE.
Mrs Stewart will be teaching Year 7 History.
Mrs McGillivray will be teaching 9/10 Business Studies.

Welcome

We welcome Maya (Year 7) and her family to the Star of the Sea Catholic community. We hope they enjoy their time here.

Parent Teacher Evening

Our Parent Teacher Evening will be held next Tuesday 29th July from 3:15pm to 8:00pm. All parents and carers of students from Prep to Year 10 are invited to come along to discuss the progress of their child. Bookings can be made through the College office, either by ringing 6382 1242 during office hours (8:30am to 3:30pm) or emailing sots.reception@catholic.tas.edu.au.

If you are unavailable next Tuesday but would still like to speak with a teacher, please feel free to contact the office to organise an appointment at another time and day. Alternatively, you can also arrange for a phone conversation with the teacher.

We would also encourage students to attend the interviews with their parents or carers. In this way, everyone hears the same message and any confusion can be cleared up.

What Happened Over the Holidays

Work continued around the school during the holidays.

- Many will have noticed the progress with the old black court in the Primary area (which becomes the new green court!).
- Some minor defects in the redevelopments in the secondary area were fixed.
- Plastering was done around the school.
- Various contractors were in doing compliance work, like testing and tagging.

Enrolments for 2026

Enrolments for 2026 for all year levels are now open. Families wishing to enrol into Star of the Sea for 2026 can call into the office for an enrolment form or download one from our website: starsea.tas.edu.au. We encourage all enrolments to be finalised by soon so that we can organise transition days for Year 7 and our Little Stars program for Kinders.

School Lunches this Term

This term Mr Naithen McGillivray will take over the preparation of our school lunches. Also, the day for Preps to 2 will change.

Monday - Preps and 1/2s

Wednesday - 3s to 6s

Catholic Education Tasmania Attendance Policy

As many would have seen in a Compass post yesterday, Catholic Education Tasmania has a new attendance policy which we will be putting into place in a fuller way this term. One of the major changes will be that we will be sending out letters to families when a child has 5 consecutive days of unexplained absences, a pattern of unexplained absences, more than 10 days of absences in a school year, or more than 20 days of absences in a school year.

We often know the reasons for student's ongoing absences, so sometimes the letters are really only for compliance by the school, but for other families they will provide a chance to reflect upon their child's attendance.

We will also be providing some support material throughout this term in the form of attachments to this newsletter.

Calendar Term 3 - 2025	
Monday 21st July	Insight into Learning PL Day
Tuesday 22nd July	Term 3 begins for students
Wednesday 30th July	Christmas in July event
Wednesday 6th August	Catholic Education Week Mass
Thursday 7th August	Country Gold selections (5/6)
Tuesday 19th August	Book Week Parade (<i>Book an Adventure</i>)
Thursday 4th September	Father's Day Breakfast and Stall
Monday 8th September	Circle of Life in this week (Primary)
Tuesday 9th September	Year 9 Reflection Day
Wednesday 10th September	Year 8 Reflection Day 9/10 Winter Sport Grand Finals
Thursday 11th September - Year 10 Reflection Day; 7/8 Winter Sport	Year 10 Reflection Day 7/8 Winter Sport Grand Finals, RUOK Day
Friday 19th September	RYDA (Year 10) (TBC)
Friday 26th September	Term 3 Ends End of Term Assembly

Winter Sports Years 7, 8, 9 & 10

Week 10 Games

Wednesday 23rd July

- Yr 9 Netball Vs CTDH at C4E
- Yr 9 Soccer—DHS at NTCA



Thursday 3rd July

- 7/8 Soccer BYE
- 7/8 Netball BYE



Emotion of the week

Contentment

When we feel content it is the feeling of completeness, appreciation and “enoughness” that we experience when our needs are satisfied.

(Brene Brown, Atlas of the Heart).

Dinner is over and the kids are in bed and there is nothing you have to do or worry about - that’s contentment.

SetUp for Success

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.



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Attendance@CET



Schools

School staff must record student attendance and absences accurately



Principals

Principals must follow the *CET Attendance Policy* which includes formally following up with families

Families



Parents and guardians are responsible for their children attending school each school day and to advise if they are absent

Pastoral Care



Pastoral Care and Wellbeing teams have resources designed to support students and their families to improve attendance

Conciliation



Compulsory Conciliation Conferences are there to provide external mediation services when further support is required