

Star of the Sea Catholic College Newsletter

Tuesday 9th September 2025

From the Principal

If you are reading this, STOP NOW! At least stop reading this until you have done the following.

Take notice of how you are feeling. How is your body feeling? What are you thinking about at the moment? What is currently going on in the place where you are reading this? What's the weather like at the moment? What can you hear? What can you smell? What are you breathing like at the moment - fast, slow, shallow, deep?

And once you've reflected on all of these questions, you can start reading again.

What you've just practiced is a form of mindfulness. You have just become more aware of the here and now. You have stopped focusing on the past or the future, and, even if just for a moment, you have focused on the present.

Over the past few years, as people have learnt more and more about mental health and positive psychology, one of the common messages we have been getting is that we need to become more mindful, or that we need to be practicing mindfulness. But like a lot of messages, it isn't always clear what people want us to do.

Some people equate mindfulness with meditation, and while meditation is a form of mindfulness, it isn't mindfulness in itself. Meditation is a way of bringing our minds to the present moment, but there are other ways as well, like what you just (hopefully) did when you started reading this reflection.

It isn't until we start practicing mindfulness that we realise how little we bring our thoughts to the present moment. Our modern lives are full of distractions, with probably our phones being the top of the list, but also looking after our families, dealing with our work, or just working out what the next meal is going to be. With all of these distractions it is no wonder that we struggle to focus on the present.

But it is important that we practice mindfulness. It helps us deal with stress and also helps us to regulate our emotions. Along with this, it increases our focus and attention, which in turn can lead to greater resilience. It is one thing to have an emotion, but another thing to be able to stop and recognise how we are feeling. When we know how we are feeling, we can respond to those feelings in a more healthy way.

Mindfulness has been around in the Catholic Church for centuries. Most religious (priests, monks, nuns) practice mindfulness, although they would probably call it prayer. We can do the same thing, and saying repeated prayers (like the Rosary) is a way of bringing us back to the present. But so can concentrating on our breathing and bringing it under our control (another practice by monks and nuns, but also funnily enough by elite soldiers in the army).

In our Star of the Sea Catholic community we have a responsibility to teach our students mindfulness, but also to practice it ourselves. Our children are unlikely to do something they don't see the adults around them doing. And, of course, by bringing our minds to the present we are able to recognise more clearly who God is calling us to be.

Richard Chapman
Principal



*Attentiveness,
Hospitality
and
Compassion.*

*If you want to
conquer the
anxiety of life, live
in the moment,
live in the breath.
– Deepak Chopra*

*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

Religious Education and Faith Development

Heart
Spirituality



Attentiveness
Hospitality
Compassion

Psalm for the Feast of the Exaltation of the Holy Cross

Do not forget the works of the Lord!

Give heed, my people, to my teaching;
turn your ear to the words of my
mouth.

I will open my mouth in a parable
and reveal hidden lessons of the past.

Yet he who is full of compassion
forgave their sin and spared them.
So often he held back his anger
when he might have stirred up his rage.



Stars of the Week - 4th September 2025

Kinder	Elijah Bailey	For being such a kind, caring and considerate classmate every day.
Prep	Isaiah Tilain	For always working hard in Prep and the extra care he takes to do his work.
Grade 1/2	Harrison Walker	For consistently trying his best across all learning areas! Keep up the great work!
Grade 3	Chad Jenkins	For consistent effort in mathematics. Well done Chad!
Grade 4/5	William Singline	For his willingness to take on extra responsibility in Winter Sport.
Grade 5/6	Lindsie Barrett	For the pleasing improvement you have made with your multiplication fact skills. Keep up the great work.

Staff Movements

Mrs King is on some well-deserved Long Service Leave until the second week of Term 4. Her role will be filled by Mrs Couttie.

Mrs Harmer is on leave on Friday.

Welcome

We welcome Gracie (Year 8) and Mia (Year 8) and their families to the Star of the Sea Catholic community. We hope they enjoy their time here.

Reflection Days

Our Reflection Days for Years 8, 9 and 10 are being held this week, with Leanne Prichard from the Catholic Education Office leading the days. On these days, students are able to wear their PE uniform (or yellow, on Thursday). The days are:

Tuesday 9th September - Year 9
Wednesday 10th September - Year 8
Thursday 11th September - Year 10

Enrolments for 2026

Enrolments for 2026 for all year levels are now open **and we are currently conducting enrolment interviews for those who have handed their enrolment forms into the school.** 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.

Star of the Sea Church Times

Mass times for this week:

Saturday Vigil Mass - 5:00pm Saturday
Sunday Mass - 11:00am Sunday

at the George Town Catholic Church (Our Lady Star of the Sea) which is located in Goulburn Street, across the road from the Hall.

Cancer Council Fundraiser

Rhianna Crowden from South George Town Primary is raising money for the Cancer Council by running 15km on 28th September in support of staff at the school. A donation tin can be found at the front office for this important cause.

Unwanted Fishing Rods

Do you have any unwanted fishing rods and/or reels hanging around your house, especially short rods? If you do, Star of the Sea would love to accept a few in order to do some fishing activities with some students. They can be dropped off to the College office for Gary Davis, our Student Wellbeing Officer.

School Lunches this Week

School lunches are as normal this week:

Wednesday- 3s to 6s

Next Monday - Preps and 1/2s

Trivia Night

On Friday September 5th, the Year 10 Student Leaders hosted this year's Trivia Night. It was a great evening with fantastic participation from everyone who attended. Thank you to the staff and other students, as well as families and members of the broader community who came along on the night. We would like to thank everyone who made donations to support the evening, the tremendous support provided by the community and local business assisted to make the night a success.

Fathers Day Breakfast







The 10 minutes before and after school can be quite busy and congested, but it doesn't need to be unsafe. Please do your part in keeping everyone safe.



Pedestrian crossings

Be mindful that we are sharing the road with young walkers. Always stop for school patrols, crossing guards and traffic lights. Always use designated crossings and set an example for the young ones.



Pick up/drop off zones

This is a quick stop zone, not a place to park. Students must exit the car on the pathway side, and vehicles must not reverse, U-turn or stop on yellow lines or over driveways.



Bus safety

Always slow when bus lights flash. Allow extra time for students to board or exit, and wait until they are safely on the path before driving on.



Share the road

Be patient of other vehicles and stay alert in school zones, Young people may take an unpredictable path as they are still learning. Drive slow and obey road safety signs.

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.

Our Kinder teacher, Mrs Selina Taylor, is running SetUp this year.



Emotion of the week

Frustrated

We feel frustrated when something out of our control is preventing us from achieving what we want to achieve. We can feel frustrated when we are stuck in traffic and can't get to where we want to go, or when a task takes longer to complete than what we thought it would.

Calendar Term 3 - 2025	
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 Grand Finals, RUOK Day
Wednesday 24th September	End of Term Assembly
Thursday 25th September	Country Gold
Friday 26th September	Term 3 Ends

Term 3 Primary Assembly Roster

The following classes will be leading assemblies over the coming weeks:

WEEK 7	Thursday 11th September	12.10pm	4/5
WEEK 8	Thursday 18th September	12.10pm	3

Please note that this roster may change

R U OK? DAY - Thursday September 11th

On Thursday September the 11th, the Star of the Sea SRC will be hosting R U OK? DAY. R U OK? DAY encourages us all to have meaningful conversations with others and to check in with our family and friends. Everyday is a good day to ask someone if they are okay and as part of our R U OK? DAY activities we will focus on what to say to people and how to respond to others if they are not feeling okay.

Students are invited to wear their sports uniform on Thursday and to wear yellow items to accessories their uniform. This might include a yellow t-shirt, yellow jumper, hair accessories, yellow socks, shoes or other items that can be added to their outfit on the day. There will be a number of activities also happening on Thursday including:

- Breakfast Club
- A Just Dance Dance Party at recess
- Sausage sizzle at lunchtime
- R U OK? DAY activities
- Check in desk
- Bracelet making



1. Ask

2. Listen



3. Encourage action



4. Check in

Ask
R U OK?
ANY DAY

National day of action
11 September
2025

