Dear Parents, Teachers and Friends,

Looking for the perfect gift to give your child? Look no further, for you already have this perfect gift within your power: a happy childhood is one of the best gifts that adults have in their power to bestow upon their children. If we make a child happy today, we will make the child happy twenty years on by the memory of it.

Happiness isn’t something that you can give all wrapped up like a present. If we were to shower our children with gifts of toys or shield them from emotional discomfort, they are more likely to grow into adulthood as people who are bored and joyless. The best gifts for happiness are internal not external, an inner set of tools they can rely on for life.

There is no way that parents can make children happy all the time. Children need to learn how to deal with some distress and to figure out how to cope with it. Learning how to deal with life’s frustrations and setbacks is essential for future happiness. A parent’s role in these situations is to help children find solutions, not provide them. What’s more, children need to know that it’s all right to be unhappy sometimes; it’s part of life.

If we try to eliminate unhappiness, we might be giving the message that it’s wrong to feel sad; children need to experience the whole range of human feelings including sadness. However, parents can encourage children to be happy about what’s going okay, or what they have, instead of being sad about what’s not going okay or what they don’t have.

Important notice
St Mary Star of the Sea Catholic will be closed Friday the 29th May and Monday 1st June 2015. School will re-commence Tuesday 2nd June 2015.
Likewise, conflicts and disagreements are a normal part of life and are important in as much as they allow for the statement of differences and the expression of feelings. However, our behaviour and manner of relating affect those around us profoundly, so, parents need to ensure that differences are reconciled without destroying the differences or the people who hold them. Maybe St Peter’s words to his community of believers could be a source of inspiration to us: “And now this word to all of you. You should be like one happy family, full of sympathy towards one another with tender hearts and humble minds.”  

1 Peter 3 : 8.

Most parents can relate to the statement, “Thank heavens, I’ve got some time to myself!” It is a heavenly feeling not to be at the beck and call of others or on the treadmill of house chores. And why is it a heavenly feeling? Because we have time to be with ourselves to simply do nothing or to do something that is relaxing and pleasing to us personally.

Well, children are no different to adults in this regard. They need to have some scheduled activities which develop social skills or individual talents. But, like us, they need their own space, their chance to follow their own interests, their time to manage as they choose, their opportunity to build an inner happiness which they will carry on through life.

As parents, we need to keep an eye on the “big picture” of life and set it within a positive and healthy home environment where our children can develop into value-driven, successful and happy people. If they can develop positive attitudes about themselves, their family and their community, they will be less inclined to be lured by the, oftentimes, seductive messages of popular culture. They will want to be successful, happy contributing people. Their happiness will be our happiness.

CONGRATULATIONS

Congratulations to the students in Year 6 who made the commitment to their Confirmation programme on Sunday at Our Lady Star of the Sea Church. This faith journey for the boys and girls concludes on Sunday 2nd August when they receive the Sacrament of Confirmation.

COMMUNIO MASS

There will be a Communio Mass tomorrow in the school hall beginning at 1:45. All are welcome.

PUPIL FREE DAY

Can all parents and guardians please note that this Friday is a pupil free day. The following Monday, 1st June, is a public holiday.

STUDENT LEADERS

Congratulations to Year 10 students Mikaela Petera and Ethan Cook who have been chosen as St Mary Star of the Sea Student Leaders for 2015. As a staff we look forward to working with these 2 students as they represent their peers throughout the remainder of this year.

God Bless

Mr Steve O’Halloran
Principal
From the REC – Kate Chilvers

The following are our celebrations for the term. Families are most welcome to join us for these celebrations.

**School Liturgies – Term 2**

- Whole School Mass: Communio (Year 5 Coordinating) – Thursday 28 May 1:45pm
- First Holy Communion – Sunday 7 June 10:00am
- Middle School Celebration (MS#5) – Sunday 28 June 10:00am

**Events**

**Communio**

This week we celebrate Communio. The ‘Communio’ week theme for 2015 invites us to have our HEARTS REJOICE to those in need. We are very fortunate to have so much. All we need is close at hand. We have good health. We live in a safe place.

When Bishop Justin set up ‘Communio’ in our Diocese, his aim was, and still is, to provide opportunities for us to share and contribute what we have in abundance, to help those in need in our Diocese no matter what race, belief, colour or circumstance, through the agencies of:

- **Centacare** - who Counsel people and help families working together in difficult times. They also work with children who need someone to listen to their problems and help them cope with them. Centacare also helps people who are having difficulties finding work.
- **Nazareth House** - who help older people who are unwell and need a place to live.
- **Drug Arm** - this agency helps people who have become dependent on drugs, and find it hard to live a normal life.

So, “Communio” is about two things: 1) it informs people of what these agencies do, and 2) it asks financial help of our Catholic people and schools to help these agencies to assist others.

As we celebrate “Communio” this week let us praise and thank God for all that He has given us. May we live the ‘Communio’ message of reaching out to others and helping them by our actions.

**Free Dress Day & Communio Activities:**

As part of our ‘Communio’ celebrations students will participate in activities that allow them to reflect on the meaning of Communio and the role of the bishop in his diocese. For Middle School students these activities took place in Homeroom time last week; Primary school students will have this opportunity through this week.

On Wednesday students are invited to wear ‘Free Dress’ for a gold coin donation. All funds raised will be donated to the Bishop’s Communio Appeal. Students are reminded to dress appropriately for the school environment especially considering the activities they will be involved in during the day as well as ensuring they are dressed in a modest manner.

Our week concludes with a whole school Eucharistic Celebration led by our Year 5 class before we head off for an extra-long weekend.

**Parish Notices**

This term preparation begins for two Sacraments: Confirmation and Holy Communion. Please be aware that Sacraments are celebrated within the parish community; the role of St Mary’s School is to facilitate and support the children attending our school to prepare to receive these Sacraments. The school does not make decisions about the Sacraments, this responsibility remains with the parish priest. Any general questions about the program can be addressed to the class teachers or REC. For any questions or enquiries we are unable to answer we will direct families to Fr Mariusz or Fr Chris. Please refer to the following information regarding meetings and activities for the preparation of children to receive these Sacraments.

**First Holy Communion**

Parent-Child Meeting: **Thursday 4 June 6pm**
Sacrament of First Holy Communion: **Sunday 7 June 10am**

**Children’s Liturgy**

St Mary’s Parish is happy to announce that Children’s Liturgy will recommence as of this Sunday 25 April. Children will now be able to participate in a children’s Liturgy during the 10am Mass for the remainder of this term.
Dear Parents,

Isn’t the change in weather lovely – and those pesky flies seem to have gone! One thing we have noticed since it has been getting cooler is there are a number of students buying coffee from the coffee truck on their way to school. We were discussing this in a staff meeting the other day and I thought parents might be interested in some of the information coming out recently about coffee and its effects. This extract is taken from Dr Michael Mosley’s series “Trust Me. I’m a Doctor.”

Tea or coffee is often the favoured brew for those who are tired and in need of a caffeine boost. But is this really the best way to make ourselves more alert? How effective is caffeine for improving alertness? I drink lots of tea and coffee, so I assumed the answer is "very". But it is always worthwhile having your assumptions challenged.

So the Trust Me team asked Professor Peter Rogers of Bristol University to put caffeine to the test. He recruited a group of 20 people, 10 of whom never normally touch caffeine. The other 10, regular caffeine imbibers, were asked to turn up for testing having abstained for at least 12 hours.

Both groups were measured for mental agility, concentration and dexterity. Then they got a drink with a good jolt of caffeine in it. I found the results surprising, not to mention disappointing.

"Overall, regular caffeine consumers who'd been without caffeine overnight, were slower on the reaction time task, were sleepier and were less mentally alert than non-users," Professor Rogers said. They did improve after they got a caffeine drink, but only up to the level the non-users had achieved without caffeine.

When the non-users were given caffeine to drink their reaction times increased but they also became more jittery and anxious.

Professor Rogers says that, contrary to what most people believe, drinking lots of coffee on a regular basis won't enhance your mental performance.

In addition in both kids and adults, too much caffeine can cause:

- jitteriness and nervousness
- upset stomach
- headaches
- difficulty concentrating
- difficulty sleeping
- increased heart rate
- increased blood pressure

The average amounts of caffeine per serving, of common foods that you may find in your supermarket, are found below.
In Australia, there is currently no Acceptable Daily Intake (or equivalent) for caffeine. In 2000, Food Standards Australia New Zealand conducted a literature review and concluded that there was evidence of increased anxiety levels in children at doses of about 3 mg of caffeine per kilogram of bodyweight per day. The anxiety level for children aged 5-12 equates to a caffeine dose of 95 mg per day (approximately two cans of cola) and about 210 mg per day (approximately three cups of instant coffee) for adults. Something to think about when drinking that next cup of coffee!

Kind Regards

Trudy Cox
Mrs Trudy Cox
Head of Primary School

Year Six News
This term we have been learning and preparing ourselves to receive the Sacrament of Confirmation. Last Sunday the 24th of May we celebrated Pentecost Sunday. This was an important day for the Confirmation Candidates, their parents and prayer buddies. The candidates made a commitment to continue to grow in their faith, while their parents and prayer buddies made a commitment to support them through their journey. We would like to thank everyone who attended the Mass and celebration afterwards.

Miss Patricia De Vares
Year Six Teacher

Year Five News
This Thursday 28th of May the Year Five class will be co-ordinating the Communio Mass which will be held in the hall at 1:45pm. Please feel welcome to come and support us. Here are a few of the students 'Communio' posters that have been created. Father Krys came into our class last week to choose the most creative and the best presented. Well done to those students who were chosen and all students who worked really hard.

These students have gone up another level on their Literacy Pro reading program, to either red, blue or bronze! Well done! And don't forget to read your lexile book every night, at least 20 minutes and then complete your quizzes.

Mrs Babun
Year Five Teacher
St Mary Star of the Sea Parish

Parish Priest : Fr Mariusz Adamczyk
Assistant Priest : Fr Chris
Phone:   99411768

Weekend Mass Times:
Saturday    7pm
Sunday     8am & 10am

P&F News
P&F are running a stall at this years Tropicool Festival to assist in fundraising. The stall will need to be manned over the 2 days (29th & 30th May), and we are looking for parents to volunteer to assist.

In the school office is a timetable and we would ask anyone who can help to sign up to a time. The week-end has been broken into 1 hour segments so that each person does not have to spend too long at the stall.

We will also be selling showbags.

Thanks in advance
P&F committee

St Marys Tipping 2015
The St Marys Footy Tipping Season has got off to a rather shaky start. The leader has changed from week to week with the underdog teams knocking off the favourites in the last few rounds.

Winners to date of each round are

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The leader board after 8 rounds is

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Good luck to all the tippers out there.
EP Classes
Tuesday and Thursday afternoons.

Proud to be a Waterwise School

CARNAR-FIN JUNIOR FISHING COMP
ALL CHILDREN PRIMARY SCHOOL AGED AND UNDER WELCOME
SATURDAY 30 MAY 2015
8.30am – 11.30am
AROUND THE FASCINE OR PELICAN POINT
(Weigh-in stations near Baxter Park and at Pelican Point)
No need to register - just take your fish in a bucket to the weigh-in officials and then release it afterwards
FISH FOR THE FUTURE – weigh one fish in at a time
Prizes awarded 11.45am on the Fascine

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