



# School Newsletter

Term 2 Issue 9

21st June 2017

Fr Mariusz Adamczyk  
Steve O'Halloran  
Jim Andreoli  
Marie Gane  
Robyn Bumbak  
Sue Jordan

**St Mary Star of the Sea School Board**  
Ex-Officio Karen Gilbert  
Ex-Officio  
Chairperson  
Member  
Member  
Member

Treasurer  
Member  
Vice Chair  
P&F Rep

FROM THE PRINCIPAL'S DESK

## IMPORTANT DATES TO REMEMBER

Wednesday 21st June  
Thursday 22nd June  
Friday 23rd June

Monday 26th June to  
Friday 30th June  
Friday 30th June

Monday 17th July  
Friday 21st July

Board Meeting - 7:30pm  
P&F Meeting - 6:30pm in the Library  
MS Assembly - 1pm  
PS Assembly - Year One - 2pm  
Year 10 Work Experience

**NAIDOC Day Celebrations**  
**Last Day of Term 2**  
**First day of Term 3**  
MS Assembly

Dear God,  
Help me spend today  
with a *Smile* on my face,   
*Love* in my heart,   
*Joy* in His grace,   
and my *thinking cap* on all day.  
Amen

Dear Parents, Teachers and Friends,

Congratulations to the students who made their Commitment to the Confirmation programme last Sunday. The students will receive the sacrament on Sunday, 13th August, at the special mass time of 10:30 am. We will pray for these young people over the coming months as they learn more of their responsibilities in the church and through this come to know God more closely.

Creator Spirit, strengthen these children with your gifts of grace, to love and serve as a disciple of Christ. Grant that they may grow into the fullness of the stature of Christ. Fill them with the joy of your presence. Increase in them the fruit of your Spirit: the spirit of wisdom and understanding, the spirit of love, patience and gentleness, the spirit of wonder and true holiness.

### **INTERSCHOOL CROSS COUNTRY**

Last Friday, students selected from Years 3 – 8 competed in the Interschool Cross Country. There were many commendable performances on the day and Miss Towers is thanked for her preparation and organization of the team leading up to and on the day.

### **STAFF CHANGES SEMESTER 2**

Ms Katelyn Hegarty, a Science teacher currently working in England, has been employed as the Middle School Science Teacher for the remainder of the year. Ms Hegarty has held numerous secondary science teaching positions both in WA and overseas and we look forward to her joining us for the remainder of 2017.

A Religious Education Coordinator will be appointed next week. This person will teach Religious Education to Middle School grades next semester. Mrs Griffiths will return to her role as Reading Recovery instructor. We thank Mrs Griffiths for her contribution in helping teach our Year 7 – 10 students Religious Instruction and we look forward to her returning to her role in supporting our younger students to read next semester.

### **MIDDLE SCHOOL HOME ROOM MASS**

This Sunday, Middle School Home Rooms 1 and 2 are leading the Sunday Mass at 9:00 am. It is important that students in the home room coordinating classes attend.

Students who are not able to attend should bring a note to their home room teacher explaining their absence.

### **PRIMARY ASSEMBLY**

This week the Year 1 class will be leading the Primary Assembly. All parents and friends are welcome to join us.

God Bless



Steve O'Halloran  
Principal



## Middle School News

Well, there's only one and a half weeks to go! Is it just me or has the term flown by? I know that with NAPLAN, Fatima Night, Communion Week, 9/10 Exams, Running Club, Inter-school and Faction Cross Country (Go Grey!), SRC Leadership Day and now end of semester reports, teachers have been incredibly busy. I think everyone will be ready for a well-earned rest during these holidays.

For this reason and due to so many events coinciding so closely together, the decision was made to postpone the MS Lock-in for Year 7 and 8 students until Week 3, Term 3. The SRC look forward to organising this event.

I know that exams and testing place additional stress upon students but I also noticed a number of our students struggling to manage their time well. A lot were complaining about having so many tasks due around the same time. When I investigated this further, it appeared that some students had other outside commitments that were perhaps impacting upon their time which affected their ability to complete assessments in a timely fashion. But what really concerned me, was the lack of resiliency shown by students when receiving feedback – there was a tendency to apply a negative overtone to all feedback, even constructive feedback. I have included part of an article on the power of positive thinking in the shape of 'Affirmations' – by Dr Carmen Harra, published in *Healthy Living*, 07/06/2013 and updated five days ago.

"If you believe the phrase *you are what you think*, then life truly stems from your thoughts. But we cannot rely purely on thoughts; we must translate thoughts into words and eventually into actions in order to manifest our intentions. This means we have to be very careful with our words, choosing to speak only those which work towards our benefit and cultivate our highest good.

Affirmations help purify our thoughts and restructure the dynamic of our brains so that we truly begin to think nothing is impossible. The word affirmation comes from the Latin *affirmare*, originally meaning "to make steady, strengthen."

Affirmations do indeed strengthen us by helping us believe in the potential of an action we desire to manifest. When we verbally affirm our dreams and ambitions, we are instantly empowered with a deep sense of reassurance that our wishful words will become reality.

Affirmations are proven methods of self-improvement because of their ability to rewire our brains. Much like exercise, they raise the level of feel-good hormones and push our brains to form new clusters of "positive thought" neurons (<http://www.arlenetaylor.org/brain-care/953-affirmation>). In the sequence of thought-speech-action, affirmations play an integral role by breaking patterns of negative thoughts, negative speech, and, in turn, negative actions."

If you search for positive affirmations online to adopt as your own mantra and to recycle through each day for different situations, then I hope you find something that will work for you to 'rewire' your brain and break that negative cycle. Good luck!

Please don't forget that MS 1 & 2 have their Homeroom Mass this Sunday. We then have MS 5 & 6 hosting their Mass for Grandparents on the first weekend back of next term. The students are expected to be at the church by 8.45am the latest as Mass begins at 9am. A shared morning tea will occur directly after the Mass. What a lovely way to end the term, with friends and peers in the beautiful grounds of our Church.



Finally, good luck to our Year 10 students as they embark on their Work Experience next week from Monday – Thursday. A big thank you goes to Miss Slattery, their Cert I Business teacher who has coordinated their placements and all the paperwork! I know that in all the years that I have been involved in the Work Experience program, our students have always rated highly with prospective employers and many have been able to gain traineeships, apprenticeships and even jobs from the opportunity. We will however, still expect all students to be present on Friday, the last day of school as we have a wonderful NAIDOC celebration to conclude our NAIDOC Week at the school and the Year 10 students will be required to assist on that day throughout a variety of activities.

Stay well and safe during the next couple of weeks and I look forward to seeing everyone back next term.

Kind regards  
*Sam Da Luz*  
Head of Middle School



### SEQTA Engage Parent Log-in

Dear Parents,

School reports will be going home to parents on Friday the 30th June via Seqta.

It is important that you please check your log in for SEQTA Engage as early as possible so that you will be able to access your child's report at the end of this term.

To do this you need to go to the following site:

<http://smsc.coneqt-p.cathednet.wa.edu.au/> and use your current username and password credentials.

If you have remembered your username but have forgotten your password, please click on the Forgot your password? link and an immediate email will be sent to you. The email will expire within one hour, so please action this immediately.

If you forgotten both of these, then please contact the school and we can remind you of your username.

If you are new to using SEQTA Engage then you will receive an email to set up a new log in account. This email will expire within 7 days so please, action this as soon as possible.

If you have any issues, please contact the school on 99411 328.

#### Uniform Shop.

The uniform shop is  
opened every  
Tuesday and Thursday  
from 2.15pm to 3.15pm.  
Long sleeve blue polo shirts are now  
available  
Prices are \$28.00



#### Homework Classes

Homework classes  
are each Tuesday and  
Thursday.  
Please contact the school  
office for further  
information.



## Parish News

### Mass times have been changed

**Saturday night - 7pm  
Sunday morning - 9am**

### Confirmation

|                                  |                          |
|----------------------------------|--------------------------|
| Thursday 10 <sup>th</sup> August | Parent/Child Meeting     |
| Saturday 12 <sup>th</sup> August | Church Clean and Tidy-Up |
| Sunday 13 <sup>th</sup> August   | Confirmation             |



### Reconciliation

|                                    |                                |
|------------------------------------|--------------------------------|
| Thursday 31 <sup>st</sup> August   | Parent Meeting                 |
| Sunday 3 <sup>rd</sup> September   | Commitment Mass                |
| Thursday 9 <sup>th</sup> November  | Parent/Child Meeting           |
| Thursday 16 <sup>th</sup> November | 1 <sup>st</sup> Reconciliation |



## Kindergarten

### **KINDERGARTEN INTERVIEWS**

Currently enrolments are being taken for Kindergarten 2018. Interviews will be conducted during August. Parents of siblings already at St Mary's still need to enrol their child. Interviews however, may not be necessary.

### **PRE-KINDERGARTEN 3 YEAR OLD ENROLMENTS**

Enrolments for children to begin the 3 Year Old pre-kindergarten programme are currently being taken. All parents that have children turning 3 prior to attending the Kindergarten programme are welcome to contact the school for further information.

*St Mary Star of the Sea Carnarvon*

**PRE LOVED BOOK SALE**  
(Nothing over 50 cents)

# Book Sale



Saturday & Monday

17th & 19th June

8.30 AM—11.30 AM

Tuesday, Wednesday & Thursday

20th, 21st & 22nd June

8.30 AM—3.00 PM

LOTS OF USED BOOKS,  
CD'S,  
DVD'S, AUDIO BOOKS &  
GAMES

Please join us  
At the Rushton St Side of the  
school  
In "The School Hall"

COME ALONG EVERYONE AND HAVE A LOOK

## Woolworths Super Hero Discs

We are collecting Super Hero Disc for a lunch time activity at the end of term. If you have any spare discs you would like to donate please drop them into the school office.

Check out the Woolworths Super Discs App (available on iTunes and Google Play) to get an idea of what we will be making with the discs!





# ABORIGINAL FAMILIES AS FIRST EDUCATORS

The playgroup Facilitator and Family Liaison Officer will work alongside parents and carers as first educators to prepare their children with strong foundations to, BE, BELONG and BECOME independent, spirited individuals with a bright and prosperous future.

## WHO

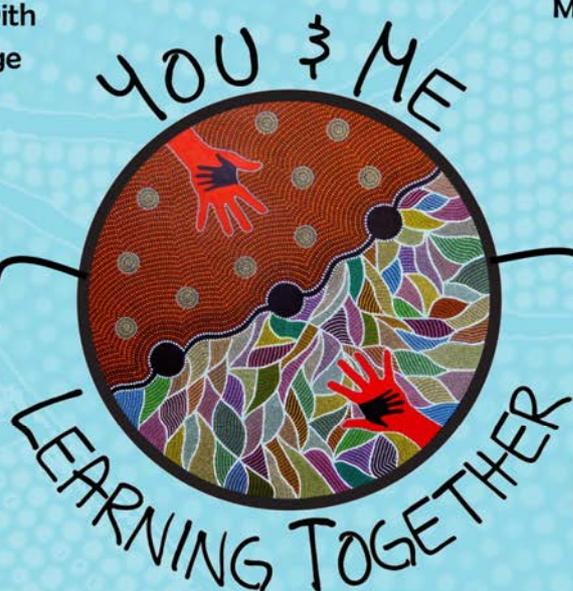
For Aboriginal and Torres Strait Islander families with children 0-4 years of age

## WHERE

30 Egan Street

## WHEN

Monday and Wednesday  
Mornings 9am-12pm



## WHAT'S ON AT PLAYGROUP?

**FRUIT TIME** LEARNING GAMES  
CONVERSATIONAL READING INDOOR ACTIVITIES  
SENSORY ACTIVITIES **OUTDOOR PLAY**  
ENRICHED CARE-GIVING LAUGHTER **FUN**  
TEA AND COFFEE **LEARNING**



CATHOLIC EDUCATION  
WESTERN AUSTRALIA

This initiative is proudly funded by the Australian Government

# COMMUNITY NEWS

Look who is back!

## SunCity Tennis Academy

Will be hosting a 5 week Tennis Coaching Program

Term 3 2017 @ Carnarvon Tennis Club

Starts Saturday August 5<sup>th</sup> 2017

Ends Saturday September 2<sup>nd</sup> 2017

What's on offer @ SOTA Carnarvon

- **Tiny Tackers - Red Ball**  
2:15-3:00pm - 45mins Cost: \$87.50 Ages 3-4yrs
- **Hotshots - Orange Ball**  
3:00-4:00pm - 60mins Cost: \$100.00 Ages 5-7 yrs
- **Hotshots - Green Ball**  
4:00-5:00pm - 60mins Cost: \$100.00 Ages 8-16 yrs
- **Adult Class**  
5:00pm-6:00pm - 60mins Cost: \$100.00 17yrs +
- **Private Sessions** *Private sessions are scheduled around Group session Times*  
60mins Cost: \$60.00 per session  
30mins Cost: \$40.00 per session

\*Programs are subject to enrolment numbers. Classes may be combined or cancelled.  
\*Enrolments are on 1st in best booked basis. \*Rackets are available to borrow

### Bookings Essential

For all bookings & enquiries please contact us at:

[jarronk@hotmail.com](mailto:jarronk@hotmail.com) 0409485117 (sms acceptable)

Please include Child/Adult Name, Guardians Name & Contact mobile number

- Invoices issued on the 1<sup>st</sup> day
- Cash, Direct Deposit or Cheque accepted

Find us on Facebook

SunCity Tennis Academy

[www.suncitytennisacademy.com.au](http://www.suncitytennisacademy.com.au) [www.taroolaparktennisclub.org](http://www.taroolaparktennisclub.org)



YOYO MUSIC PRESENTS

# ISAIAH LIVE IN CONCERT

CELEBRATE ISAIAH'S  
X FACTOR & EUROVISION  
JOURNEY LIVE ON STAGE!  
ONE SHOW ONLY!

FRIDAY 14 JULY, 8PM

ALL AGES FAMILY SHOW  
WOOLSHED, CARNARVON

ADULT \$60 VIP \$50 CHILD OVER 10+ \$40

TICKETS AVAILABLE CIVIC CENTRE OFFICE OR  
[WWW.CARNARVONCIVICCENTRE.COM](http://WWW.CARNARVONCIVICCENTRE.COM)

CHILDREN MUST BE ACCOMPANIED BY AN ADULT AT ALL TIMES.



| Monday 3 <sup>rd</sup> July   | Tuesday 4 <sup>th</sup> July   | Wednesday 5 <sup>th</sup> July   |
|---|--|--|
| <b>Vaulting Skills workshop-</b><br><b>Tricks and strength</b><br>8:30am-11:30am<br>\$30.00 per Person<br>Ages 5-16   | <b>Youth Outreach School</b><br><b>Holiday Program</b><br>Pony Rides at the Town Oval<br>10:00am-12:00pm | <b>Riding Lessons</b><br>9:00am-12:00pm and<br>2:00pm-5:00pm<br>½ hour- \$20 with own horse<br>or \$35 for EES horse |
| <b>Riding Lessons</b><br>1:00pm-5:00pm<br>½ hour- \$20 with own horse or \$35<br>for EES horse<br>1 Hour (EES Riders only)- \$40 with<br>own horse or \$70 with EES Horse | <b>Own a Pony Day (½ day)</b><br>Ages 4-9<br>2:00pm-5:30pm<br>\$60 per person                            | 1 Hour (EES Riders only)-<br>\$40 with own horse or \$70<br>with EES Horse   |
| Tuesday 11 <sup>th</sup> July   | Wednesday 12 <sup>th</sup> July  | Thursday 13 <sup>th</sup> July   |
| <b>Own a Pony Day</b><br>Ages 10-16<br>8:30am-4:30pm<br>\$120 per person<br>Meals included  | <b>Riding Camp</b><br>Ages 4-9<br>10:30am-<br>8:00pm<br>\$120 per rider<br>Includes meals                | <b>Riding Camp</b><br>Ages 10-17<br>8:30am-8:00pm<br>\$150 per rider<br>Includes meals                               |



Evans Equestrian Services is holding Riding Day Camps as part of the July School Holiday program. This event is open to all EES Riders and to any riders who are confidently trotting off the lead and rising to the trot.

The camp will involve multiple group riding lessons (flatwork, jumping, games) along with fun group activities, quizzes, horse handling and a campfire dinner. Please contact Ainslee for full Itinerary.

Bookings Essential

Contact Ainslee on 0400206732 or [ains.evans@hotmail.com](mailto:ains.evans@hotmail.com) to confirm your booking

Bring your own pony or we can provide one for you!

# RIDING CAMP



Evans Equestrian Services School  
Holiday Program