



School Newsletter

Term 4 Issue 4

31st October 2018

St Mary Star of the Sea School Board

Fr Mariusz Adamczyk
Steve O'Halloran
Jim Andreoli
Warren Schmidt

Ex-Officio
Ex-Officio
Chairperson
Vice Chair

Robyn Bumbak
Sue Jordan

Treasurer
Member
P&F Rep

IMPORTANT DATES TO REMEMBER

Week 4

Thursday 1st November
Friday 2nd November

Swimming Trials Yr 3-10 at the Town Pool
MS Assembly 1:05pm in the School Hall

Week 5

Thursday 8th November

Founders Mass 1:30pm in the School Hall
First Reconciliation Child/Parent Meeting—6:30pm in the Library

Friday 9th November

Remembrance Day Service 11am @ the School Oval
Transition and Orientation Program—Year 6
PS Assembly—2pm in the School Hall —Year 2

Week 6

Monday 12th November to
Friday 16th November
Thursday 15th November
Friday 16th November

Year 9 and 10 Exams

Reconciliation Year 3
PS Assembly—Year 3 to lead

Prayer for all Saints Day (1st of November)

God our Father, by our Baptism, you made us your holy people and called us to share in the joy of your saints. By their help and example you guide us to live for others as Jesus taught us. May their prayers strengthen and comfort us as we follow Jesus to his promise of everlasting life. We make this prayer to you in His name. Amen



FROM THE PRINCIPAL'S DESK

Dear Parents, Teachers and Friends,

Currently there is a steady stream of students who are presenting with some type of anxiety disorder. It is important to remember however, that anxiety when presented with something new or unfamiliar, is a normal human reaction, particularly in the teenage years.

The following information is approved by clinical psychologists and is taken from the Raising Children Network.

Everybody feels anxious sometimes, especially when faced with unfamiliar, dangerous or stressful situations. Anxiety can include body signals like 'butterflies', a sinking feeling, tense or uncomfortable feelings, or 'nerves'.

Anxiety is a **normal reaction** to challenging situations.

Anxiety In Teenagers

As children become teenagers, their boundaries expand. They have new challenges and opportunities. They want more independence and their brains change. Because of all these changes, **adolescence can be a particularly stressful time, which can cause anxiety.**

For example, teenagers might worry about starting secondary school, looking a particular way, fitting in with friends, sitting exams, performing in plays at school or going to school functions. Sometimes they might even have irrational concerns about the world ending. Also, as their independence increases, teenagers might worry about being responsible for their own actions and getting jobs.

For most teenagers, **anxiety is part of the normal range of emotions.** It's usually just temporary and goes away on its own. Anxiety in teenagers isn't always a bad thing. Feelings of anxiety can help to keep young people safe by getting them to think about the situation they're in. Anxiety can also be a helpful tool for motivating teenagers to do their best. It can help them get ready for challenging situations like public speaking or sporting events.

Managing anxiety: Helping Teenagers

Managing anxiety is an important life skill. If your child shows signs of anxiety, you can offer support in several ways.

Helping your child face anxiety

- Acknowledge your child's fear – don't dismiss or ignore it. It's important for your child to feel that you take him/her seriously and that you believe they can overcome their fears. They also needs to know that you'll be there to support them.
- Gently encourage your child to do the things they're anxious about. But don't push them to face situations they don't want to face. You can also wait until your child actually gets anxious before you step in to help.
- Help your child set small goals for things that make them anxious. Encourage them to meet the goals, but don't step in too early or take control. For example, your child might be anxious about performing in front of others. As a first step, you could suggest your child practises their lines in front of the family.
- Try not to make a fuss if your child avoids a situation because of anxiety. Tell your child that you believe they'll be able to manage anxieties in the future by taking things step by step. Try to acknowledge all the steps that your child takes, no matter how small those steps are.

CAPITAL DEVELOPMENT PLAN

Early in 2019, St Mary's will begin Stage 5 of the school's Capital Development Plan (CDP). This will involve the redevelopment of the school administration block, the school canteen, the library/resource area, and the building of some senior student toilets. The project will involve some changes to the administration area and where possible this transition will be as smooth as possible. It is hoped works will be completed during Semester 1.

SWIMMING TRIALS

Swimming trials for our upcoming carnival will be held this Thursday, 1st November.

TRANSITION PROGRAMME

The transition programme for students beginning at St Mary's in Year 7 in 2019 is being held on Friday, November 9. This is an opportunity for students transitioning to middle school to experience some of the changes that will be occurring for them next year.

RECONCILIATION MEETING

There will be a parent/child Reconciliation meeting next Thursday, 8th November, in the school library at 6:30 pm. All students receiving the sacrament of Reconciliation and their parents are expected to attend.

FOUNDERS DAY MASS

There will be a founders Day Mass on the 8th November in the school hall beginning at 1:30 pm. During this mass we remember and recognize the Presentation Sisters who began St Mary Star of the Sea Catholic School 112 years ago.

REMEMBRANCE DAY LITURGY

There will be a Remembrance Day Liturgy on the 9th November on the school oval at 11:00 am. All are welcome to come and be a part of this service to remember those who have paid the ultimate sacrifice.

God Bless



Steve O'Halloran
Principal



2019 KINDY AND PRE-KINDERGARTEN 3 YEAR OLD ENROLMENTS

Enrolments for children to begin the
Kindy and
3 Year Old Pre-Kindergarten Programme are
currently being taken.

All parents that have children turning 3 years of age between 1st July 2015 and 30th July 2016 are welcome to contact the school office on 99411 328 for further information.

SCHOOL BOARD NOMINATION FORM

For membership to St Mary Star of the Sea Catholic School Board

I, _____ hereby nominate
_____ for election to the St Mary Star
of the Sea Catholic School Board.

Please complete the following details of yourself (the nominated person) and return this form to the School Office by Monday 19th November 2018.

Nominee's Name:

Residential Address:

Postal Address:

Contact Numbers:

Work _____ **Home** _____

Mobile _____ **Fax** _____

Occupation: _____

Number of years residing in Carnarvon: _____

Other Interests in Community:

Nominee's Signature: _____ **Date:** _____

Middle School News

Well, it's already Week 4 and before we know it, many important events that our students have been working on, will be over and the prospect of a new year dawns again. With that in mind, it is timely to remember that many people may be operating under some stress or worry about what is coming up.

Parents, please be especially mindful and vigilant of your teen and ensure that plenty of good sleep, nutrition and access to support systems are in place in the remaining weeks of term. Support and monitor your teen (especially Year 9 and 10) in having a solid study program in place, ahead of the upcoming exams; encourage your child to let you and their teachers know about any school concerns and above all, try and minimise any undue absences in the lead up to these events to decrease performance worries. With your help, we will always endeavour to assist in any way that we can to ensure a smooth and happy end to the term.

Tonight is All Hallow's Eve – the majority of our students only know Halloween as a ghoulish, macabre celebration with somewhat satanic overtones. I have attached a poster (forgive the American spelling please) that highlights the origins of this celebration and the differences between All Hallow's Eve, All Saints and All Souls Days. As Catholics, we celebrate and commemorate these events very differently to the 'Americanised' tradition and practice. The Year Sevens have been exploring these differences in their RE classes and finding out why these feast days are important to all Catholics and why some of us do not prescribe to the commercialised view and practice of "Halloween". It has made for some very illuminating discussions and lots of fun.



HALLOWEEN - THE CATHOLIC WAY

What is HALLOWEEN?

"ALL HALLOWS' EVE" is where the name of halloween comes from. A hallowed person is another name for a saint. We call October 31 - All Hallow's Eve because it is the eve of All Saints Day which is on November 1.

The mass that the Catholic Church celebrated on Nov. 1 was called "Allhallowmas". This meant mass of all the hallowed (saintly people). It was commonly called "All Hallow's Day".

The night before Nov. 1 became known as *Allhallow'en*, which was short for "evening before All Hallow's Day." It was then shortened to what we now know as Halloween.

Why do we celebrate

1 All Saints' Day and All Souls' Day? 2

November 1 is a special day called the feast of All Saints. It is the day the Church celebrates with all the people who have died and are now with God in heaven. Everyone who has lived and died in Jesus' love is a saint. We do not know the names of all the saints. Some of these people were so much like Jesus that after they died, the Church said they were definitely in heaven.

November 2 is a special day called the feast of All Souls. It is celebrated in honor and remembrance of the souls of our dearly departed loved ones, and to pray for other souls that still need our prayers. The Church honors this day as a solemn day for all souls in purgatory who are being cleansed before entering Heaven.

How can we celebrate Halloween?

1. Dress up like "Little Saints"
Let's do our best to remind everyone that this day is the eve of the feast of All Saints. We honor the saints by dressing up like them instead of dressing up as anything that glorifies sin, horror or rebellion from God. By our good example, people will be curious to learn more about "All Hallow's Eve" and may even study the lives of the saints.

2. Visit the graves of our dearly departed
On Nov. 1 and Nov. 2, let's go to the cemeteries to pray at the graves of our dear departed. We can also adorn it with flowers and lighted candles.

3. Go to Mass
On Nov. 1 and Nov. 2, the most important thing we can do is to attend the Holy Mass and offer it for all the Holy Saints, and our dearly departed loved ones. By doing this, we give honor to them.

4. We say a prayer
While we celebrate Halloween, we pray to and honor our saints and pray for our dearly departed. We can say the rosary or other prayers at home or upon visiting the grave of our departed loved ones.

It's that time of year again for TOPS – our Transition and Orientation Program for Students entering Middle School next year. This year we will be hosting 38 students in little pocket experiences of St Mary's Middle School life on Friday 9th November. This follows our Foundation Day celebrations and Mass and also coincides with our PATS testing week. So next week, all students will be required to ensure their devices are charged and ready for these tests to minimise any disruptions to the process. The following week (Week 6) is exam week for the Year 9 and 10s – schedules will be available next week. We then have our Inter-house swimming carnival to look forward to as we put the final touches to our end of year concert and Year 10 graduation events.

So, strap on your seat belts everyone, it's going to be an incredibly frenetic but exciting second half to the term.

God bless and prayers for the souls of all our dearly departed.

Kind regards

Sam Da Luz

Head of Middle School

From the REC

Parish News

Mass Times

Saturday night - 7pm

Sunday morning - 9am

Sacrament of Reconciliation Meeting

Next Thursday on the 8th of November at 6: 30 pm in the school library there will be a meeting for parents and students preparing for the sacrament of reconciliation. Please bring the home programme booklets to the meeting.

Mr Adrian Good

Religious Education Co-ordinator



2018

Frist Day of Term 4– Monday 8th October
Last Day of Term 4—Friday 7th December

2019

First day of Term 1—Monday 4th February
Last day of Term 1—Friday 12th April

DON'T FORGET – COLOUR FUN RUN

22ND NOVEMBER

**PRIZES FOR BEST DRESSED & MOST MONEY RAISED
FUN OBSTACLE COURSE**

**PLEASE REMEMBER: WHITE T-SHIRT ON THE DAY,
SPARE CLOTHES OR PONCHO IF TRAVELLING ON THE
BUS**

**LOOK OUT FOR YOUR PLEDGE SHEETS IN THE NEXT
COUPLE OF DAYS – MONEY RAISED WILL BE USED
TOWARDS SCHOOL EQUIPMENT & LEARNING
RESOURCES.**

**Win
Prizes!**



There is a large amount of lost property currently outside the School Library, including jumpers, drink bottles, hats and lunch boxes—all with no names.

Please take the time to check out anything that may be yours.



Homework Classes

Homework classes are on each Tuesday and Thursday. Please contact the School Office for further information.



UNIFORM AND CANTEEN NEWS

UNIFORM NEWS

The uniform shop is open Tuesdays and Thursdays 2.15-3.15pm every week of the term.

Thank you Charmaine

SEQTA



SEQTA Learn and SEQTA Engage are now available as apps! Bring SEQTA's functionality to your mobile device, plus a few extras:



Never miss a thing

Receive push notifications whenever there's something you need to know about.



Hassle-free authentication

Login by scanning or tapping a secure code, no username or password required!



Keep it secure

Enable fingerprint locking to ensure that only you can access the app.

Other functionality

The SEQTA apps build on the existing capabilities of SEQTA Learn and SEQTA Engage, so you'll be able to:

- › View upcoming assessments and submit work
- › View marked assessments and teacher feedback
- › View and search your courses and lessons
- › Take notes and make task lists
- › View pastoral care information
- › Track upcoming homework
- › View unresolved absences
- › Send and receive direct messages
- › Interact with students, teachers, and parents in forums
- › View relevant school notices
- › Access academic reports
- › View and colour your timetable

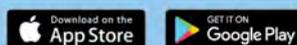
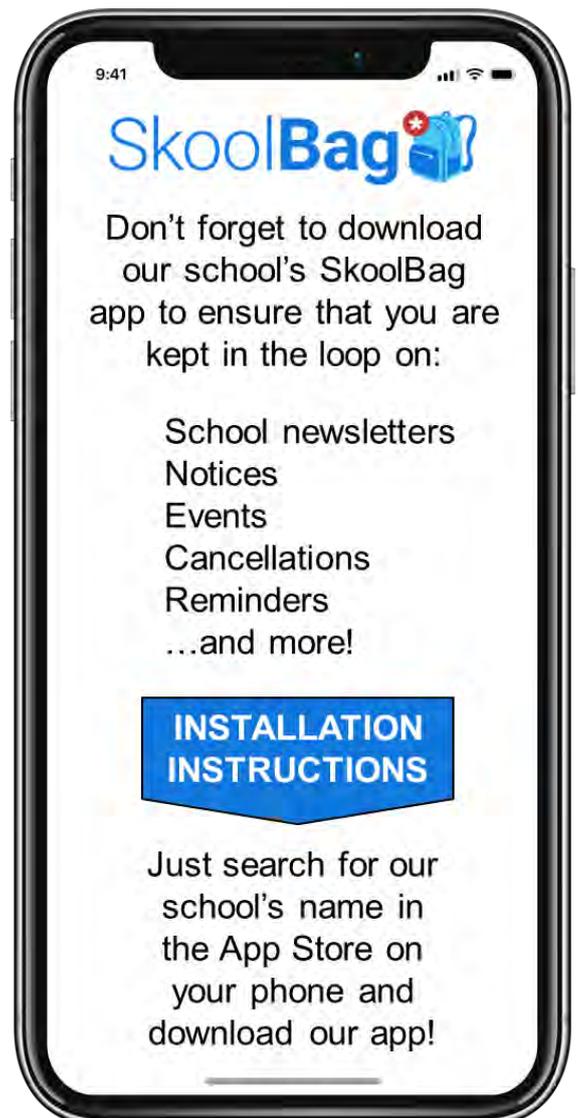
...and much more!

If you have any questions, please contact...

The school administration office on 99411328

The address it is

<https://smsc.conect-p.cathednet.wa.edu.au/>



An Education Horizons Group company



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

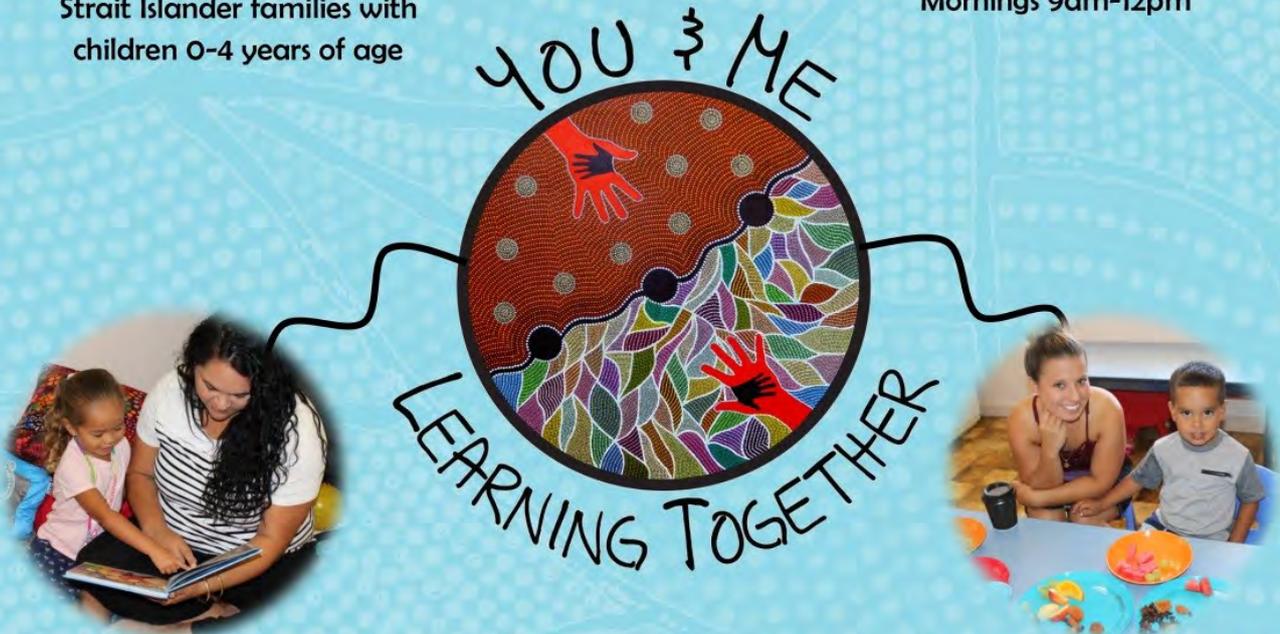
For Aboriginal and Torres Strait Islander families with children 0-4 years of age

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

CARNARVON GOLF CLUB "FRIDAY FAST FIVES" EVERY FRIDAY AFTERNOON

- Tee off times: Between 4pm and 5pm
- Five hole event
- Cost: \$5-00 per player
- Presentations: 6:30pm
- Full Bar Facilities
- Golf Clubs supplied to new players free of charge
- Fun Novelties on each hole
- Bar Snack's provided



Check out Carnarvon Golf Club on Facebook or
Contact Taddy on 0407083922 or Liana 0419913292