



School Newsletter

Term 1 Issue 3

20th February 2019

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 3

Wednesday 20th February

Thursday 21st February

Friday 22nd February

Annual Community Meeting 6:30pm in the School Hall

P and F Meeting—5:30pm in the Library

MS Assembly and SRC Badge Presentation—1:05pm

PS Assembly—Year 6 and SRC Badge Presentation—2pm

Week 4

Monday 25th Feb

Sci Tech visit Year 7—10

Week 5

Monday 4th Mar

Tuesday 5th Mar

Wed 6th Mar

Thursday 7th Mar

Friday 8th Mar

LABOUR DAY LONG WEEKEND

Shrove Tuesday

Ash Wednesday Mass—1:30pm in the School Hall

Ysafe Cyber Safety—Yr 5-10

Ysafe Cyber Safety—Free 1 Hour Parent Session

5:30pm to 6:30pm

OLNA—Writing

Year 5 Assembly—2pm in the School Hall

Prayer for Guidance

Instill in us, O Lord, a spirit of understanding, truth and peace, that we may strive with all our hearts to know what is pleasing to you and to hold fast to it with one accord. We ask this through Christ our Lord. Amen



FROM THE PRINCIPAL'S DESK

Dear Parents, Teachers and Friends,

We all know we live in busy times and it's a common cry how time poor everyone is, however it is good to sit back and reflect that our children observe, and copy, how we manage ourselves in our most challenging moments.

Impatience is the lack of self-control and can easily grow into anger, harsh words and unpleasantness towards others. Because life moves so quickly and leads to high stress levels, we all need to be aware of the possible negative flow on to other family members. Mostly, we deal patiently with our work associates and new acquaintances but sometimes choose not to deal patiently with those who love us most.

Patience is the ability to maintain self-control when something disagreeable happens. It is a virtue and it can be a gift, but, for most of us, it is a skill that has to be developed. The skill acquisition suggests that we need a heap of practice, a portion of compromise and a pinch or two of goal setting.

When Jesus told His disciples to "Love one another as I have loved you", John 15:12, He was saying, "Be patient with the faults, irritations and short comings of other people as I am patient with your weaknesses." And patient He surely was. Jesus kept on working with the disciples in spite of no apparent break-throughs until His death and the coming of the Spirit. However, in the end His patience bore results and their success is written in the Gospels.

It seems that each new generation causes pain to the one that gave them their existence. When we are being tried by our offspring: "How about some study!" "Get off that screen" "Have you tidied your room yet?" we might cast an eye over our shoulder and glance appreciably at our parents and be certain that our own children, later in their life, will do the same. In the meantime, "Lord give me patience, but please hurry!"



ANNUAL COMMUNITY MEETING AND P & F AGM

Last year, due to late financial notifications, the Annual Community Meeting and P & F AGM were postponed till this year. These two meetings will now occur on Wednesday, February 20, beginning at 6:30 pm in the school hall. I encourage all to come along. At this meeting, we will be looking for new members for both our school board and parents and friends group. Refreshments will follow both meetings.

UPCOMING ASSEMBLIES

The badge presentations to our student leaders will be occurring this Friday at the Primary and Middle School assemblies. The Middle School Assembly will begin at 1:05 pm and the Primary School Assembly will begin at 2:00 pm.

ST PATRICK'S EVENING

Our Annual St Patrick's fund raiser will again be occurring on the evening of Saturday, 16th March, beginning with mass on the outside stage at 5:30. There will be dance presentations, a talent show and great food plus drinks on hand. This year's event will be especially significant as we welcome Bishop Michael Morrissey to our celebrations.





From the REC

Parish News

Mass Times
Saturday night - 7pm
Sunday morning - 9am

Sacrament of Baptism Expression of Interest

If there are any students who are interested in receiving the Sacrament of Baptism please let me know and I will forward your details to Fr. Mariusz. I can be contacted by email: adrian.good@cewa.edu.au or feel free to chat to me in person before or after school hours.

Army Cadets Information Night and BBQ

Are you interested in joining Army Cadets or helping out as a volunteer? Then come along to the upcoming information and BBQ night. This will occur at the Carnarvon Army Reserve Training Depot on Saturday 16 March 2019 at 18:00 h. This information night isn't just for the kids (age 12-17) it is also for anyone interested in volunteering to help run the Cadets.

Reconciliation

Thursday 19th September	Parent Meeting—6:30pm
Sunday 22nd September	Commitment Mass 9am
Thursday 7th November	Parent/Child Meeting—6pm
Thursday 14th November	First Reconciliation 6pm
Sunday 17th November	Reconciliation Thanksgiving Mass - 9am

Holy Communion

Thursday 2nd May	Parent Meeting—6:30pm
Sunday 5th May	First Holy Communion Commitment Mass
Thursday 20th June	Parent/Child meeting—6:30pm
Sunday 23rd June	First Holy Communion Mass —10:30am

Confirmation

Thursday 27th June	Parent Meeting—6:30pm
Sunday 30th June	Commitment Mass— 9am
Thursday 12th September	Parent/Child Meeting—6:30pm
Sunday 15th September	Confirmation Mass 10:30am

Mr Adrian Good
Religious Education Coordinator



Back to School Anxiety

How to help kids manage worries and have a successful start to the school year

The start of the new school year is exciting for most kids. But it also prompts a spike in anxiety: Even children who are usually pretty easy-going get butterflies, and children prone to anxiety get clingier and more nervous than usual. Parents feel the pain, too: Leaving a crying child at school isn't anyone's idea of fun. Also, having to talk a panicked child onto the bus or out of the car at school can be a real test of your diplomatic skills.

Children who normally have a little trouble separating from mum and dad will see their anxiety peak during times of stress or transition. The start of school may be especially challenging for children who are entering a transition year, going into kindergarten, into middle school, to a new school. It can also be stressful if there's a change in your child's social support system — maybe a good friend has moved, or has a different teacher this year.

For most children the new school year worries will fade and the anxious behaviours will be transient. The goal for parents is to be supportive without exacerbating your child's worries. Here are tips for helping nervous kids have a successful transition back to school.

Take your own temperature

For parents, the start of the year can be anxiety inducing, too. The pressure's on you to reinstate routines after the summer holidays and arrange for new activities and schedules, not to speak of facing the resumption of homework.

It is recommended that taking your own temperature to make sure you're not passing on stress to your child. And to enable you to manage your own stress, it's important not to take on more commitments than the family can handle comfortably.

Listen to worries

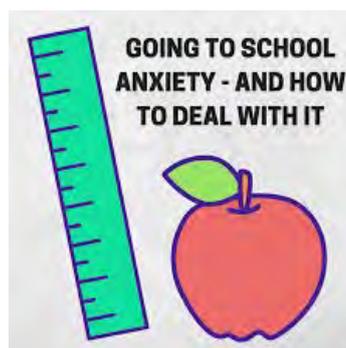
When children express anxiety about going back to school — a new teacher, increases in homework, making a team, a friend crisis — do listen seriously.

Rather than dismissing these fears ("Nothing to be worried about! You'll be fine!) listening to them and acknowledging your child's feelings will help them feel more secure. And if he/she wants to, you can bolster their confidence by helping them strategize about how to handle things they are concerned about.

But keep in mind that children often want to be able to talk about something they're upset about without expecting you to fix them. Your job is to validate their feelings ("I know that's hard") and demonstrate confidence that they can handle the situation.

Don't ask questions that suggest you expect kids to be anxious ("Are you worried about having Mr. Brown for math?") but check in with them in a more casual way. "It doesn't have to be a half-hour discussion," but in the car you might ask "Do you know what you're going to be learning in math this year?" Children often say more when there is less pressure to "have a talk."

Mrs Ali O'Halloran
Early Years Coordinator K-Y2



FEE CONCESSIONS FOR HOLDERS OF HEALTH CARE / PENSIONCARDS

HEALTH CARE CARD FEE CONCESSIONS

Kindy to Year 10 Holders of Centrelink Health Care and Pension Cards may be eligible to receive Fee Discounts. The card must be current and show the names of the children attending school. The discount can only be given to the person responsible for payment of the school fees.

Holders must have one of the following cards:

- Pensioner Card—issued every two years on the cardholders birthday
- Most Health Care Cards—reissued automatically if eligible (usually valid for 1 year)
- Low Income Health Care Card—usually valid for 1 year and must be renewed each year

Parents of children who are in receipt of ABSTUDY are NOT eligible to receive HCC Fee concessions.

Department of Education Secondary Student Assistance Parents of children in Years 7—10 who hold Health Care Card or Pension Cards are also eligible to receive assistance through the Dept of Education.

Applications for Secondary Assistance close on **FRIDAY 12th April 2019**. Claims cannot be made after this date.

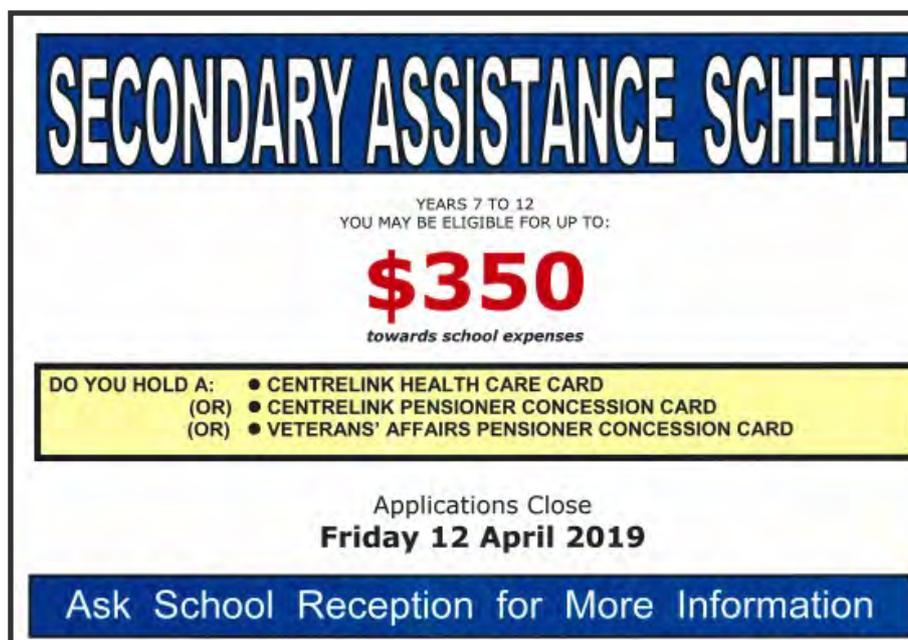
Parents of children who received ABSTUDY are eligible to receive a small rebate from this Assistance scheme.

All families claiming fee discounts **MUST** complete new forms for 2019. **YOU MUST HAVE YOUR CARD WITH YOU WHEN YOU COME TO THE OFFICE TO COMPLETE PAPER-WORK.** Electronic form of the card is not acceptable as we are required to take a photocopy of your card.

If you have any queries regarding your fees, fee payments, Fee concession discounts please contact the School Bursar, Anna Brooks on 99411328 or email accounts@smc.wa.edu.au.

Thankyou.

*Anna Brooks
Bursar*



SECONDARY ASSISTANCE SCHEME

YEARS 7 TO 12
YOU MAY BE ELIGIBLE FOR UP TO:

\$350
towards school expenses

DO YOU HOLD A: ● CENTRELINK HEALTH CARE CARD
(OR) ● CENTRELINK PENSIONER CONCESSION CARD
(OR) ● VETERANS' AFFAIRS PENSIONER CONCESSION CARD

Applications Close
Friday 12 April 2019

Ask School Reception for More Information



On **Wednesday the 6th of March, Week 5**, we have a guest speaker from Ysafe coming to educate our Year 5- 10 students on the importance of cyber safety. The students will be attending a one-hour session with their year group, where the speaker, Jordan Foster, will cover topics related to their particular year group.

The Year 5/6 students will look at the topics of catphishing and online stranger danger, protecting personal information, cyberbullying and additional strategies to staying safe online. The Middle School students will look at the topics of cyberbullying, online wellbeing – including strategies for managing screen time, study distraction, digital self-esteem, sexting and the law and distribution of explicit content, digital footprints, exploring the impact on university and job prospects and strategies for harnessing a positive online reputation.

Jordan is also offering a **FREE one hour parent session** after school that day. Content covered will include:

- An introduction into major social media platforms that children are using
- How to manage cyber bullying
- Overview of current cyber safety risks
- Strategies for online behaviour management
- A step-by-step guide for setting up a cyber safe home

At the end of the session, all attendees are provided with our follow up resource “A Parent’s Guide to Setting Up A Cyber Safe Home,” and access to an email tutorial series for further support and information.

Our students in this ‘day and age’ have a whole new medium to interact with others around them. We believe it is important to educate our students and staff and provide information for our parents.

This will be a great opportunity for all parents to start the year off with skills and knowledge to feel more confident to handle any cyber problems that may arise with your children.

The session will run from 5.30pm-6.30pm. If you think you will be able to attend please follow the instructions below to register. We hope to see you there.

If you would like to attend please go to the following link: <http://bit.do/stmarystar>

Click the green register button on the right of the screen.

Choose the amount of recipients you are registering for.

Click the checkout button.

For more information please visit the following website: <https://ysafe.com.au/>



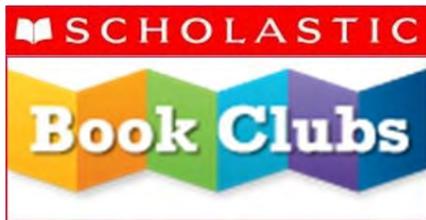
Term Dates 2019

Labour Day - Monday 4th March
Last day of Term 1 Friday 12th April

First Day of Term 2 Tuesday 30th April
WA Day - Monday 3rd June
Last Day of Term 2 Friday 5th July

First Day of Term 3 Tuesday 23rd July
Pupil Free Day - Friday 23rd August
Catholic Faith Day - Monday 26th August
Last Day of Term 3 Friday 27th September

First Day of Term 4 Monday 14th October
Pupil Free Day - Friday 22nd November
Last Day of Term 4 Friday 13th December



School orders for Book Club are due to the office on Thursday 21st February.

Thank you to Mrs Fernihough for co-ordinating the book club again this year!

Carnarvon Dental Therapy Clinic

Please be advised the Carnarvon Dental Therapy Clinic will be open on the following dates in 2019.

Monday 13/5/2019 – Friday 28th/6/2019
 Monday 29 /7/2019 – Friday 13/9/2019
 Monday 14/10/2019 – Friday 8/11/2019

Staff arrive on the first Monday and depart on the last Friday of each scheduled visit, hence the clinic will not be open for patients on those days

The Uniform Shop is open from 2:15pm to 3:15pm every Tuesday and Thursday for all your uniform needs.



Size 6 PS Blue Polo's have arrived!!!



Homework Classes

Homework classes have now commenced and are every Tuesday and Thursday after school.

Please see the School Office for application forms.



2019

St Mary Star of the Sea Catholic School Carnarvon
 4 YEAR OLD KINDERGARTEN PROGRAM

CONTACT US
 Phone 0899411 328
 admin@smsc.wa.edu.au



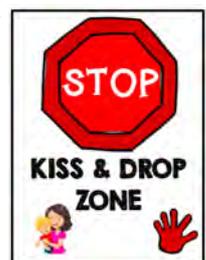


Kiss and Drop

Friendly reminder— the roundabout is to be used for picking up and dropping off students only.

This is a “No Standing” zone.

If you are collecting your child from this area, please remind your child/ren to be waiting to avoid congestion.



Thank you

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.



Thank you.

SEQTA



Engage



Learn

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

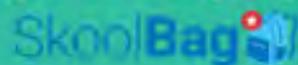
<https://smcsc.coneqt-p.cathednet.wa.edu.au/>



An Education Horizons Group company



5 Easy Steps to Staying Informed



SkoolBag is the easiest way to stay up-to-date with school events, last minute notices, newsletters and all your school's communications.

1. Download SkoolBag

Search SkoolBag in the Apple App or Google Play Store, download the FREE app:

SkoolBag: School Communication



2. Create an Account

Follow the prompts to create your account in seconds.

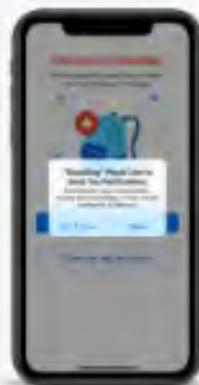
3. Add your School

Type your school's name and press enter. Tap the plus icon to add.



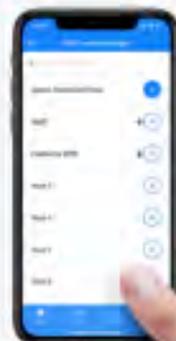
4. Allow Notifications

Ensure you Allow SkoolBag to send you push notifications when prompted.



5. Subscribe to Groups

Select Year Groups / Sports Teams to appear in your feed.





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

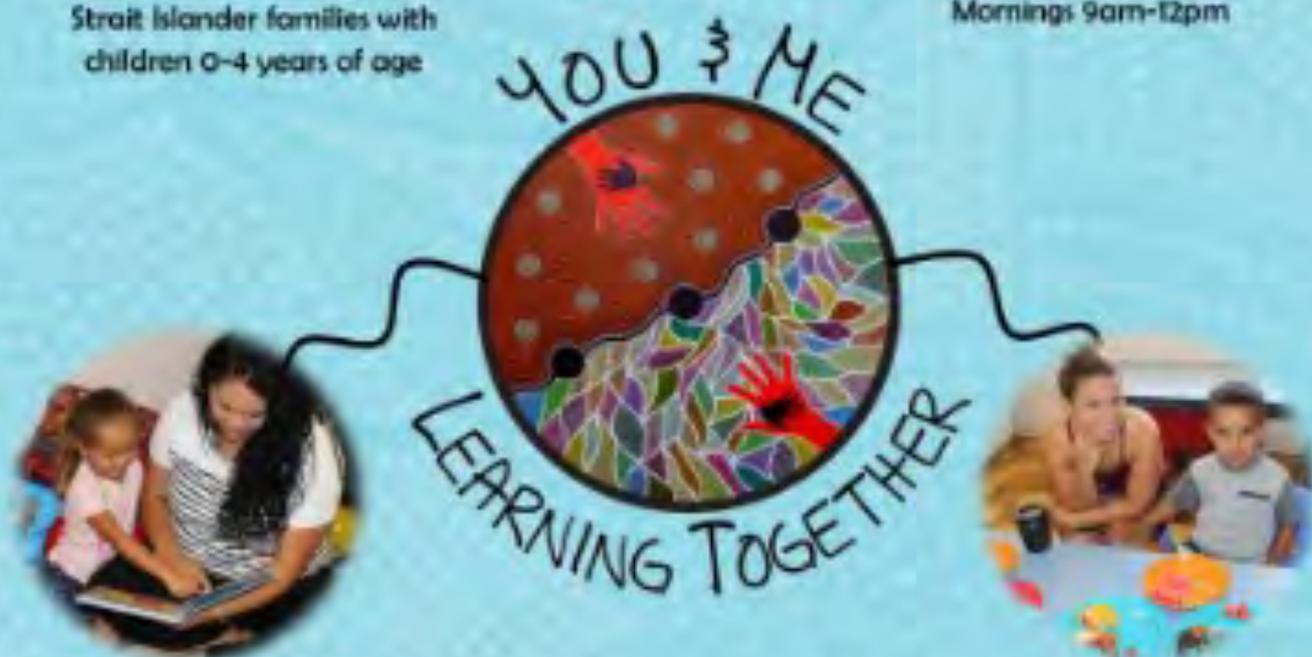
For Aboriginal and Torres Strait Islander families with children 0-4 years of age

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

This initiative is proudly funded by the Australian Government



Carnarvon Toy Library



JOIN US ON
facebook

facebook Carnarvon Toy Library



OPEN Saturdays
8:30am – 9:30am



9 Butcher Street, Carnarvon

MEMBERSHIP - Just \$50/yr per family

CORPORATE / EDUCATOR

MEMBERSHIPS AVAILABLE

Phone Louise 0428921375 or

Michelle 0437907438



CARNARVON GOLF CLUB

FRIDAY FAST FIVES

- Tee off times: Between 4 and 5 O'clock
- 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
- Nibbles supplied

Dates to be advised a week prior to each event.

Check out Carnarvon Golf Club on Facebook or

Contact Taddy on 0407083922 or Liana 0419913292



Open Day Invitation.

Come down to the St John Open Day for a behind the scenes tour of our Carnarvon Sub Centre.

Saturday, 23 February, from 9:00 AM to 12:00 PM.

- ▶ Come and meet our amazing team and find out what we do.
- ▶ Check out displays of our Volunteer's skills
- ▶ Look through an ambulance
- ▶ Find out about our First Aid Courses and Kits
- ▶ Participate in First Aid demonstrations
- ▶ Door prizes and giveaways
- ▶ Kids colouring competitions
- ▶ Free sausage sizzle & refreshments

For more information give our Administration Officer Clair Fitzhugh a call on 9941 1082. or email sjacarnarvon@gmail.com.

Life goes on. Volunteer with St John.
stjohnchangelives.com.au

