



School Newsletter

Term 1 Issue 6

11th March 2020

St Mary Star of the Sea School Board

Fr Mariusz Adamczyk
Steve O'Halloran
Jim Andreoli
Warren Schmidt
Kym Redden

Ex-Officio
Ex-Officio
Chairperson
Vice Chair
P&F Rep

David Kearney
Sue Jordan
Val Shrubbs
Susana Svilicich

Member
Secretary
Member
Treasurer

IMPORTANT DATES TO REMEMBER

Week 6, 2020

Wednesday 11th March
Thursday 12th March
Friday 13th March
Friday 13th March

High School Interim Parent Meetings
Parent Session—Packed with Goodness 5.30pm
Primary School Assembly—Year 4 2pm
OLNA Numeracy

Week 7, 2020

Monday 16th– Friday 20th
Wednesday 18th – Friday 20th
Friday 20th March
Friday 20th March

Swimming Lessons Year 1—6
Year 7 Coral Bay Camp
Harmony Day
St Patrick's—An Evening on the Green 5pm

Week 8, 2020

Monday 23rd– Thursday 26th
Wednesday 25th March
Thursday 26th March
Thursday 26th March
Friday 27th March
Sunday 29th March

Swimming Lessons Year 1—6
Board Meeting
Reconciliation Year 4, 5, 6
First Holy Communion Parent meeting 6.30pm
Inter Faction Swimming Carnival Yr 3-12
First Holy Communion Commitment Mass 9am

A Prayer for Lenten Grace

Loving God,
During the sacred season of Lent, bring me closer to you.
Prepare a place in my home and heart for silence and solitude, so that I may re-discover the grace of a prayer-full life.
Enlarge my heart so that I give to those in need and, in so doing, re-discover the grace of gratitude and generosity.
Help me to fast from those things that threaten the well-being of body and soul, remind me of the grace and simplicity.
May this season be grace-filled time to rekindle my love for and faith in you.

Amen.

FROM THE PRINCIPAL'S DESK

Dear Parents, Teachers and Friends,

This Sunday is the Third Sunday of Lent, so it is a good time to reflect on our Lenten promises initially made on Ash Wednesday, and ask if we are living up to our vision of how we were going to intend to share this journey with Jesus. Perhaps some personal reflection is needed to get ourselves 'back on track' for the remainder of the trip.

Lord, Your life never focussed on the accumulation
Of possessions but rather on the giving of Yourself
To people of less advantage.
Help me to move from my comfort zone this Lent
And be giving of myself in Your name.
Amen.

UPCOMING ASSEMBLY

Our next Primary assembly is being held this Friday, led by our Year 4 class. All are welcome to join us.

ST PATRICK'S EVENT

This year there will be an Evening on the Green St Patrick's event to be held on the 20th March beginning at 5:00 pm. Bring along something to cook on the BBQ and your own drinks and spend some time sharing a relaxing evening with friends on the lower oval. Bishop Michael and some representatives of our regional office will be joining us for this occasion.

There will be a Commissioning Mass held at 4:00 pm for new staff and board members. All are welcome.

INTERIM REPORT MEETINGS

The secondary interim report meetings are being held this afternoon. I encourage all parents to take the time out to meet with learning area teachers to find out how their children are doing initially this school year.

SWIMMING LESSONS

Next week all primary grades from Years 1 – 6 will be participating in school swimming lessons. There will be a Faction Swimming Carnival for students from 3 – 10 held on Friday, 27th March.

SCIENCE ROOM REFURBISHMENT

During the last week of this term till the end of Week One next term, the Science Room is being refurbished. This will ensure our secondary students have a safe, contemporary science work space to learn in.

God Bless

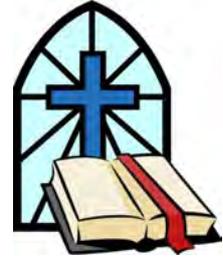


Mr Steve O'Halloran
Principal



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

**Lenten Program—every Friday during Lent at 5pm
in the Parish Centre followed by
Stations of the Cross and Mass in the Church.**



From the REC ...

Prayer, Fasting, and Almsgiving are the three pillars of Lent. In a special way, we focus on these three things during Lent to help us grow in our faith during our 40 day journey to Easter, the celebration of new life and Christ's resurrection. A lot of the information that I see circulated around, focus only about fasting - "giving stuff up" or abstaining from eating meat on a Friday. Many people, however, don't know why they abstain from meat on Fridays during Lent, so I thought I would share with you some of the background behind this tradition.

Jesus was crucified on a Friday and, therefore, we make special sacrifices on Fridays to remember his suffering and death. According to canon law, Catholics are called to abstain from meat as a special sacrifice on all Fridays of the year, but the Church leaves it up to regional bishops to offer recommendations for alternative sacrifices. Also, from a practical perspective, we fast and abstain from meat to develop discipline and resistance to the temptation of sin.

But why do we abstain from meat while fish is allowed?

Historically, the meat of livestock was much more expensive than fish. Think back centuries ago. Owning a cow and other forms of livestock would have been very expensive. Meat was expensive, while catching a fish was much cheaper. Eating fish, therefore, is meant to be a form of unity with the poor and a disciplined fast from expensive food. (This is why feasting on fine fish, lobster, and crab legs on Fridays during Lent also misses the point of abstaining from meat.) So, I hope your fasting preparation is going well during this period. Please don't forget about the other two equally important pillars of Lent: Prayer and Almsgiving. Jesus spoke about these three themes in his teachings with his Disciples: Daily prayer, attending Stations of the Cross, Eucharistic Adoration, Penance and Reconciliation are some of the various ways we can fulfil our spiritual devotion; we also give to the poor either in money or service which is a special mission of Christ when we give back to the poor, to those who don't have what we have.

Reaching out to those in need, helping to bring back those who are lost, back to the fold are many examples of what you could do for almsgiving during this Lenten period. In Mathew 6, Jesus reinforces these three pillars in his Sermon on the Mount and the 'piety' in which we should conduct these acts – if we are only pious (publicly and/or with grand gestures) to impress others, then we only impress people, we will NOT impress God. "Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven." (Mathew 6:1 NSRV)

When students ask me what I have given up for Lent, I tell them it is a personal matter between me and God. He sees everything and knows everything ... and that is all that matters. What will **YOU** do for this season of Lent?

I hope our families of Ningaloo 1&2 can join us this weekend for our Homeroom Mass on Sunday at 9am. There will be a shared morning tea after the mass in celebration of the gifts and talents of our Ningaloo faction. Any student unable to attend this mass is required to see me to arrange an alternative mass attendance, prior to the event. Thank you.

Our new performing troupe is auditioning for solo roles during the next few weeks: **Saint**-sations! vocalists and dancers have been hard at work perfecting their routines and songs and as we say in show business, "Break a leg" guys!

God Bless,

Sam Da Luz

Religious Education Coordinator

SECONDARY NEWS

Week 6 has been another busy week, as Interim Reports went out to parents and the Front Office staff (thank you Mrs Faithfull and Mrs Scott) have been coordinating meeting times for parents and teachers. If you were unable to attend the Parent-Teacher meetings on Wednesday and would like to speak to your child's teacher, please contact the front office and our staff will continue to coordinate meetings for afterschool times. This is particularly important if your child's teacher has requested an interview. It is much easier to deal with concerns earlier in the year, then as the year progresses.

Our school Houses (Quobba, Gnoraloo and Ningaloo) are in preparation for the Inter-House Swimming Carnival occurring 27th March (Week 8) with cheer practice commencing today!

Congratulations to our OLNA students! They completed their written assessment last Wednesday and their reading assessment on Tuesday. Their numeracy assessment will be completed on Friday. Students have also received log-ins for their OLNA Support program which they should be utilising each day.

A quick reminder that our Year 7s are eagerly awaiting their departure to Coral Bay in Week 7. Please make sure all of their medical details have been provided to the school before their departure.

Thank you to the Year 11 and 12 students who have been maintaining their common room with respect. The room is kept clean and tidy with all dishes away!

Hope you have a wonderful week!

Go Quobba!!

Regards

Narelle Holtham

Head of Secondary

Absent Students...

Parents and guardians are reminded to contact the school if their child/ren is absent.

The school requires written notification—this can be in the form of :

Signed note

Email admin@smsc.wa.edu.au

SEQTA

Skoolbag App

Or by texting 0481 883 586



Remember to include your child's name, date, reason and parent/guardian name.

Yr 3-6 Mental Fitness Habits

Last week saw our first combined mental health activity afternoon. All students from Yr3-6 were split into their factions and completed team building games that required them to practice the skills of cooperation, resilience and patience. The students had a great time and many of the groups I saw succeeded in the task after multiple attempt—it was great to see the persistence!

This week I would like to discuss effective ways to manage our Mental Fitness. There are 5 key drivers to wellbeing and focus:

Sleep: we need quality sleep, switch off devices an hour before bed and keep a notebook to list of concerns and achievements.

Movement: Make sure you are moving regularly outdoor play is essential for children.
Relationships: friendships provide us with support and an opportunity to practice empathy and understanding.

Nutrition: Make sure your child's lunch box is stocked with fruits and vegetables rather than quick fix carbohydrates.

Mindset: Develop a positive, purposeful and curious mindset.

Regards

Trudy Cox

A/Head of Primary (3-6)

Swimming Lesson Timetable –updated!

Bus Departure Time	Lesson	Depart Pool	Year
8.50am	9:00am - 9.40am	9.45am	6
9.40am	9.50am - 10.30am	10:35am	5
10.30am	10.40am - 11.20am	11:25am	4
11.30am	11.40am - 12.20pm	12:25pm	3
12.20pm	12.30pm – 1.10pm	1.20pm	2
1.15pm	1.20pm—2.00pm	2.20pm	1

Year 4 Civics & Citizenship Excursion

This week the Year Four class visited the Shire Chambers to develop our knowledge and understanding about Local Government. The CEO David Burton delivered some information about what local government does, including the services it provides and how it is chosen and by whom. We would like to thank Danielle Hill and Mr David Burton for their time and for the knowledge they shared with us.



St Mary Star of the Sea Catholic School CARNARVON invites applications to register with the school for Casual Relief:



Casual Relief Teaching Assistants

Requirements:

- ◆ Current Working With Children Card
- ◆ Dept of Education Screening Clearance
- ◆ Cert III in Education Support or working towards Cert III

Contact the school office on 99411328 for further Information.

Time: 12th of March, 5:30pm - 6:30pm

Location: St Mary's library

PACKED WITH GOODNESS

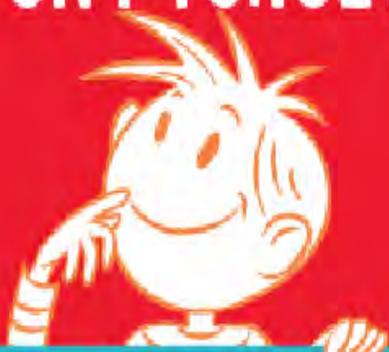
We are holding a parent evening session on what and how to pack healthy, easy lunches for your kids. Lynne Mitchell the Senior Health Promotion Officer in Carnarvon will be delivering the session which should run for about half an hour. All attending parents will also be able to take home an information and guidance package provided by Cancer WA.

We hope to see as many parents there as possible, please contact the office if you would like to attend

Tiahn Barrett
Health And Physical Education Teacher



DON'T FORGET!



SCHOLASTIC

Book Club

orders are due:

Friday March 20th

Parents of year 7 and 10 students Sign up for free immunisations at school

The Department of Health provides school-based immunisation programs to protect against diseases.

Make sure you sign and return your consent form for your child to receive free immunisations at school.

Year 7 students are offered two injections of the human papillomavirus vaccine to protect against genital warts and some cancers. They will also be offered a booster of the diphtheria, tetanus and whooping cough vaccine. Vaccinations for year 7s are scheduled in two visits across the school year.

Year 10 students are offered one injection of the meningococcal ACWY vaccine to protect them against four strains of meningococcal disease.

Look out for the information pack and consent form from school early in term 1. If you don't see a copy, contact (*insert school's contact details*) for a replacement.

For more information about school-based immunisation visit healthywa.wa.gov.au/immunisation

FEE CONCESSIONS FOR HOLDERS OF HEALTH CARE / PENSION CARDS

HEALTH CARE CARD FEE CONCESSIONS

Kindy to Year 12 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—12 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 9th April 2020**. 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 2020.

YOU MUST HAVE YOUR CARD WITH YOU WHEN YOU COME TO THE OFFICE TO COMPLETE PAPERWORK. 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, Sarah Berson, on 99411328

Thankyou.

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
Thursday 9 April 2020

Ask School Reception for More Information



We will be celebrating Harmony Day on **Friday 20th March**. The children can wear orange clothing or traditional clothing from their heritage to school on that Friday. A forwarding note will be sent to inform you of the various activities at school.

NEW INSTRUCTION TIMES

Please be advised we have made some minor changes to the lesson times.

8:15 – 8:25	Secondary Homeroom
8:25 – 9:20	Period 1 Primary and Secondary begin
9:20 – 10:10	Period 2 20:10 – 10:30 Recess
10:30 – 11:20	Period 3
11:20 – 12:10	Period 4
12:10 – 12:50	Lunch
12:50 – 1:45	Period 5
1:45 – 2:35	Period 6



Aboriginal Families as First Educators Playgroup (AFaFE) is a play-based program that offers an engaging, interactive and fun-filled learning environment for Aboriginal children and their families.

Children aged 0-4 and their families are actively supported by a Playgroup Facilitator and Family Liaison Officer in the Abecedarian Approach Australia (3a), a play and learn strategy that encourages one-on-one interactions with caregiver and child. Emphasising the model of "families as first educators".

We have had a superb year in 2019 painting, reading, building, constructing, creating, growing, laughing exploring, imagining, singing, dancing!

If you or an aboriginal family you know could benefit from such a program, please contact the school office for further information.



St Mary Star of the Sea
Catholic School Parents &
Friends Association
@smcpandf



An *EVENING* on the *GREEN*

Come and celebrate St Patrick's Day
Friday March 20th

5.00pm Picnic on the school lawns



What to bring: BYO PICNIC BASKET, RUG, CHAIRS, CUTLERY, PLATES, FOOD and DRINKS
Limited salads will be provided, BBQs will be available should you wish to cook your own meat

There will be: Music, raffle, games, Jameson's Toss

Find out the winners of the '5 cent Classroom Challenge'!

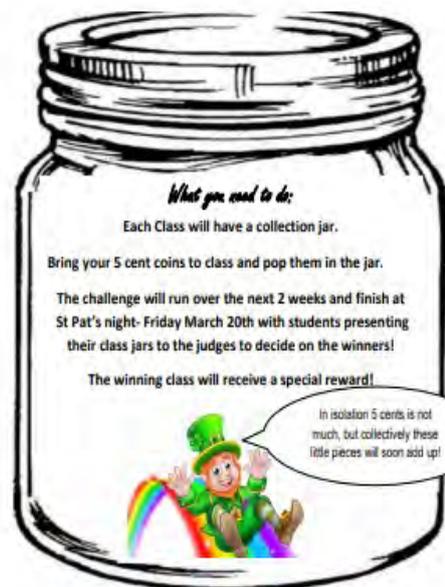
DRESS THE WHOLE FAMILY IN GREEN FOR A FUN FAMILY NIGHT!

See you on the grass at St Mary Star of the Sea

The 5 CENT Class CHALLENGE!

Use this challenge as an opportunity to get the kids to clean the house – look in the car, between the seats in the lounge, even in the washing machine!

This is an initiative of the P & F - keep up to date with what's happening around school by liking and following our Face book page 'St Mary Parents & Friends Association'



What you need to do:

Each Class will have a collection jar.

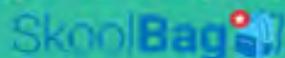
Bring your 5 cent coins to class and pop them in the jar.

The challenge will run over the next 2 weeks and finish at St Pat's night- Friday March 20th with students presenting their class jars to the judges to decide on the winners!

The winning class will receive a special reward!

In isolation 5 cents is not much, but collectively these little pieces will soon add up!

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.

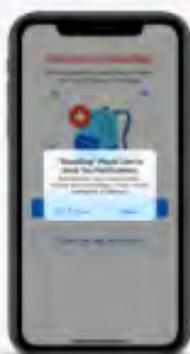
3. Add your School

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



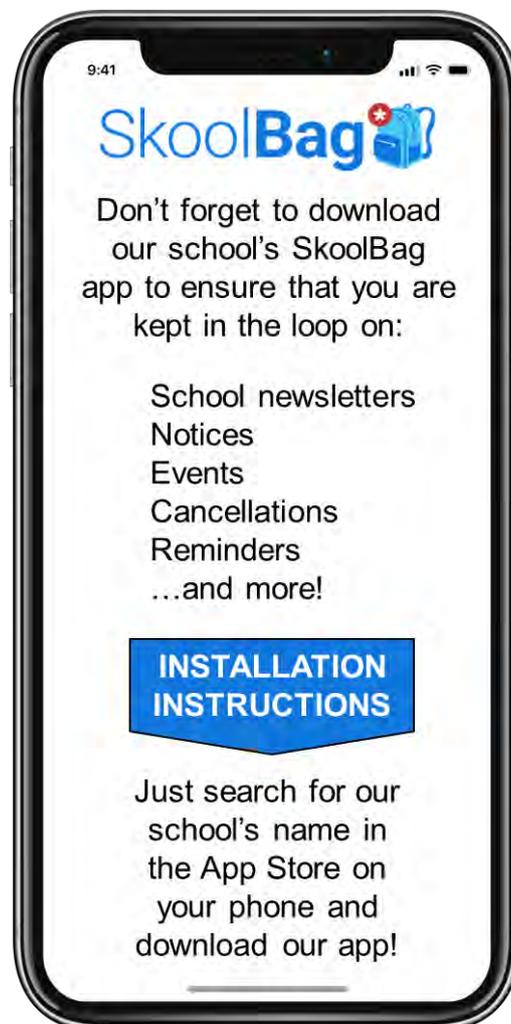
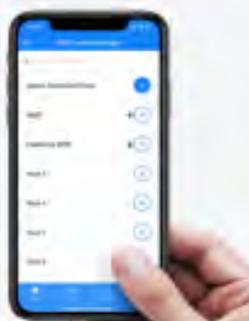
4. Allow Notifications

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.



**St Mary Star of the Sea
Catholic School Carnarvon**

**2020 Enrolment
3 year old pre-Kindergarten to
Year Twelve**

Please contact the school on
9941 1328 for an enrolment form or
visit the school website at
www.smsc.wa.edu.au



**St Mary Star of the
Sea Catholic School**

Follow and like our page on Face Book.

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 is

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



An Education Horizons Group company



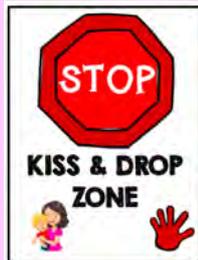
Kiss and Drop

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 in order to avoid congestion.

Thank you



Term Dates 2020

Term 1, 2020

First Day of Term 1—Monday 3rd February
Last Day of Term 1—Thursday 9th April

Term 2, 2020

First Day of Term 2—Tuesday April 28th
Last Day of Term 2—Friday July 3rd



Lost Property

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.

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



Follow us on Face Book

Stay up to date with what the School News and what's happening around School by liking and following our FaceBook page. Head on over to

'St Mary Star of the Sea Catholic School'
and like our [page](#) on Face Book.



Homework Classes

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

Please see the School Office for application forms.



Department of
Primary Industries and
Regional Development

ANT BLITZ

24 FEB
to 3 APR
2020

Help look for the world's worst ants!

Protect our native ants, which play an important role in our ecosystems, but look out for invasive ants, which can be aggressive and destructive!

Between 24 February and 3 April, send in as many ant specimen samples and photos as possible, and we will respond with ID and control advice.

Get up close and personal with the ants in your neighbourhood!

Find it > Catch it > Snap it > Send it!

Visit agric.wa.gov.au/antblitz for instructions on submitting photos and samples or call (08) 9368 3080 for more information.



JUNIOR NETBALL ANNOUNCEMENT

THE VERDICT IS IN..

JUNIOR NETBALL GAMES HAVE MOVED TO SATURDAY MORNINGS

THANKYOU TO ALL THAT EXPRESSED THEIR SUPPORT AND/OR CONCERNS ON THIS CHANGE. WITH THE OVERALL POSITIVE RESPONSE THE CNCC HAVE DECIDED TO TRIAL THE SATURDAY MORNING GAMES FOR 2020.

WE HOPE WE CONTINUE TO HAVE EVERYONES SUPPORT THROUGHOUT THE YEAR!

PRE-SEASON

PRESEASON IS BEGINNING 12TH OF MARCH THURSDAY 4.45- 6.00PM

PRESEASON WILL BEGIN 12TH OF MARCH AND RUN EVERY THURSDAY UNTIL THE 2ND OF MARCH (WEEK 9, TERM 2) PRESEASON IS COMPULSORY FOR ALL JUNIOR PLAYERS BUT ALL SENIORS ARE WELCOME!!