



# School Newsletter

Term 2 Issue 1

April 30 2020

## St Mary Star of the Sea School Board

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## IMPORTANT THINGS TO REMEMBER

**Week 1, 2020**

**Canteen**

**Uniform Shop**

**Operating for Lunch orders only**

**Open Tuesdays and Thursdays 2.15-3.15pm**

**\*Parents please come to main office**

## Prayer

### A Prayer for Easter Eyes

My Lord, Jesus,

You have risen to new life!

Give me new eyes with which to recognize  
your presence in the world around me.

Sharpen my vision so that I see beyond the  
ordinary events of each day and into the  
extraordinary reality of your grace.

Brighten my view of the world with renewed  
hope in the coming of your Kingdom.

Soften my gaze so that I view others with the  
kind of tenderness and compassion you  
showed to so many.

May each day of this Easter season provide  
glimpses of your glory.

In your sacred name, I pray.

Amen.



## FROM THE PRINCIPAL'S DESK

Dear Parents, Teachers and Friends,

Welcome back to school for another term. As our last term finished differently, we begin Term 2 also under unusual circumstances.

After careful consideration and in response to the feedback from parents regarding the current numbers that are attending school this week, we have decided to provide regular classroom teaching for all grades from Monday 4<sup>th</sup> May. Children who are learning from home will continue to be supported by class and learning area teachers.

So accurate records can be kept of those students whose parents are choosing for them to learn from home, daily attendance still needs to be taken. This will continue via the Teams Homeroom catch up for the high school students and the Class Dojo messaging system that is currently in place for the primary students.

### **CANTEEN**

The canteen will operate as usual from Monday 4<sup>th</sup> May, with students able to purchase items before school and at recess times.

### **UNIFORM SHOP**

Parents are advised not to enter the school grounds. For uniform items that need to be purchased, please contact the school office to coordinate payment and collection.

### **PICK UP AND DROP OFF**

For the well-being and safety of staff and students, the current pick up and drop off procedures will remain in place till we receive further advice from state and federal authorities.

### **SACRAMENTAL CELEBRATIONS**

The pandemic has disrupted the reception and celebration of the sacraments of Reconciliation, Confirmation and Communion for the time being. Communication is continuing with Fr Mariusz and Bishop Michael as to when we can resume our preparations for these important faith milestones. As soon as information becomes available, I will contact families.

### **EVENT POSTPONEMENTS**

Most the events that had been planned for this term have either been postponed or cancelled for this year. When we receive further advice as to when these can resume, we will advise parents accordingly.

### **THANKS TO STAFF**

I would like to once again thank the St Mary's staff for their continuing commitment to the students of the school. They are having to adapt and change weekly, sometimes daily, to the various protocols around how to best cater for the pastoral and learning needs of the students. They are a credit to themselves and Catholic education. Your children are in the best of hands.

God Bless



Mr Steve O'Halloran  
Principal

— WELCOME —  
BACK TO SCHOOL

*From the REC desk...*



Welcome back to all students returning to school this week and blessings to all who are working remotely from home. I trust that everyone had a reflective and re-energising Easter holiday at home; I know that my family and I did. When we weigh up the pros and cons of what this pandemic has brought to our lives, it may surprise you to see that the pros actually come out in front. Many students have identified that the environment and all creation is the better for it as the whole world has slowed down with the decrease in the burning of fossil fuels from cars and aeroplanes etc... Some have even reported an increase in quality family time – cooking together, playing board games, being creative and generally, working on strengthening their relationships with one another. Wow, what a positive outcome indeed!

I know that extended family members and friends have not been able to physically come together, but all of a sudden, phone calls, Facetime, video conferencing have become the norm where the art of conversation can be developed and the sharing of our activities can still be done visually, although miles apart. I am grateful for all those opportunities and parents who have suddenly found themselves able to be at home with their children have reported similar sentiments. We have finally found the opportunity to stop and be present. We have started to cultivate our own seeds of happiness as Thich Nhat Hanh has written about the art of practicing mindfulness, “Whether we have happiness or not depends on the seeds in our consciousness. If our seeds of compassion, understanding, and love are strong, those qualities will be able to manifest in us. If the seeds of anger, hostility and sadness in us are strong, then we will experience much suffering. To understand someone, we have to be aware of the quality of the seeds in his consciousness. And we need to remember that his is not solely responsible for those seeds. His ancestors, parents, and society are co-responsible for the quality of the seeds in his consciousness. When we understand this, we are able to feel compassion for that person. With understanding and love, we will know how to water our own beautiful seeds and those of others, and we will recognize seeds of suffering and find ways to transform them.”

As we acknowledge our own sufferings, it is important to change our perspective, “Most people are afraid of suffering. But suffering is a kind of mud to help the lotus flower of happiness grow. There can be no lotus flower without the mud” (Thich Nhat Hanh, nd). This ‘mud’ that the world is enduring currently, presents a bigger opportunity to transform all our lives for the better. Let us all care for the future by being responsible for the present moment.

Next week, I hope to announce the final figure from our Project Compassion appeal. Thank you to all families, staff and students who supported Caritas this year. We know it has been difficult to go ahead with some of your planned activities last term but every donation is greatly appreciated.

May this special time of year (Easter season) hold beauty, renewal and infinite blessings in your life.

Until next time, God Bless

*Sam Da Luz*

Religious Education Coordinator



St Mary's Star of the Sea Head Girl—Bianca Dei Giudici

Laying the wreath on behalf of the School



## Yr3-6 Meditation and Deep Breathing

If there is one method that is recommended more than any other for managing stress and promoting resilience it is meditation. Mindful meditation is one of the most effective ways to develop an ability to notice things in our lives, such as how we feel and make us less likely to succumb to emotional stress.

There are many different types of meditation but one of the easiest and most effective is mindful breathing. This is where the object of our minds focus is on our breath as it comes in and out of the body.

There are two main ways to benefit from mindful breathing; Strategic Breathing and Tactical Breathing.

**Strategic Breathing:** which involves practising deep breathing on a regular basis. Try the Box Breathing method—exhale for the count of 4, hold your lungs empty for 4, inhale for the count of 4 and hold that breath in your lungs for 4.

**Tactical Breathing:** which involves short stints of focussed breathing throughout the day in moments of worry or stress. You can use a simple strategy of breathing in for 4 through your nose and out for 4 through your mouth. The key is to do this strategy when you are feeling your stress levels rise.

Kind regards  
*Mrs Trudy Cox*  
Acting Head of Primary Year 3—6



# SCIENCE ROOM UPGRADE

