



School Newsletter

Term 2 Week 6

June 3 2020

St Mary Star of the Sea School Board

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

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Ex-Officio
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IMPORTANT THINGS TO REMEMBER

Week 7 2020

Monday June 8	Cross Country Training 7.15am
Wednesday June 10	Cross Country Training 7.15am
Thursday June 11	Parent Meeting for First Eucharist 6.30pm
Sunday June 14	First Eucharist Commitment Mass

Week 8 2020

Monday June 15	Cross Country Training 7.15am
Wednesday June 17	Cross Country Training 7.15am
Wednesday June 17	Board Meeting 7.30pm
Thursday June 18	P & F Meeting 2.45pm
Friday June 19	SRC Meeting 12.10pm
Sunday June 21	Confirmation Commitment Mass

Prayer

As some of our students in Year Six and Seven prepare themselves to receive the seven gifts of the Holy Spirit this term, may we keep them in our prayers. Whether you are preparing for the Sacrament of Confirmation or want to renew in yourself these gifts, here is a prayer from the *Golden Manual* that asks God for the seven gifts of the Holy Spirit.

*O almighty and eternal God, you have adopted me as your child in the holy sacrament of Baptism; granted to me the remission of my sins at the tribunal of penance; and has fed me with the bread of angels; perfect in me, I beseech you, all these benefits. Grant unto me **the spirit of Wisdom**, that I may despise the perishable things of this world, and love the things that are eternal; **the spirit of Understanding**, to enlighten me and to give me the knowledge of religion; **the spirit of Counsel**, that I may diligently seek the surest ways of pleasing God and obtaining heaven; **the spirit of Fortitude**, that I may overcome with courage all the obstacles that oppose my salvation; **the spirit of Knowledge**, that I may be enlightened in the ways of God; **the spirit of Piety**, that I may find the service of God both sweet and amiable; **the spirit of Fear**, that I may be filled with a loving reverence towards God, and may dread in any way to displease him. Seal me, in your mercy, with the seal of a disciple of Jesus Christ, unto everlasting life; and grant that, carrying the cross upon my forehead, I may carry it also in my heart, and confessing you boldly before men, may merit to be one day reckoned in the number of your elect.*

Amen.

FROM THE PRINCIPAL'S DESK

Dear Parents, Teachers and Friends,

This weekend we celebrate the Feast of the Holy Trinity. Over the years it has caused confusion among some Catholics, however it was never intended to be that way.

The feast has its most common prayer in the 'Sign of the Cross' and was proclaimed a Feast Day in 1334. Unfortunately, over time, the Feast has taken on an air of mystery and has become a challenge to the powers of comprehension. The purpose of the Feast should be one of reassurance and optimism.

The **Father** is associated with the positive and ongoing act of creation. The Father challenges us to be positive and creative with our lives.

The **Son** is associated with being a peacemaker: "I have come to bring peace, not conflict". After His resurrection, His first words in each of His appearances were, "Peace be with you".

The **Spirit** is associated with gifting. The Apostles illustrated the potential that the Spirit has for positive responses in our lives.

We are called to live in harmony and peace; we are encouraged to support one another, to love one another. God so desired a relationship with us the God sent Jesus. We need to respond to this relationship. We need to love back and we do this by our relationships with one another. We need to put energy into our loving. Trinity is a reminder of God's love and a challenge for us to be pro-active with our love.

SACRAMENTAL CELEBRATIONS

Due to further restrictions being eased from this weekend, as a school and parish we are able to offer a little more clarity around the sacramental programmes this year.

Next Thursday, June 11th, there is a Parent Meeting for First Eucharist candidates this year. This will be followed by the First Eucharist Commitment Mass on the 14th June. First Eucharist will be celebrated this year on Sunday, August 30.

On the 21st June, the Commitment Mass for the sacrament of Confirmation will be held. Children will receive the sacrament of Confirmation from Bishop Michael on Sunday, 26th July.

There has been no change of dates for the Reconciliation programme which will be occurring in Term 4.

EASING OF SCHOOL RESTRICTIONS

As of Monday, 8th June, the following applies to St Mary Star of the Sea Catholic School.

Pick Up and Drop Off

Parents are allowed to enter the school grounds to drop off and pick up students, however they are not allowed to enter classrooms. As the JLC is a whole teaching block, I am asking parents to enter via the main JLC gate and wait in the undercover area outside the classrooms and wait for the bell for classes to commence.

Uniform Shop

Parents to continue to place orders thru the School Office.

Assemblies

There can be no indoor gatherings of more than 100 students, so until other advice is received, assemblies will continue to be delivered via Teams.

Thank you for your continued patience and understanding.

God Bless



Mr Steve O'Halloran
Principal





From the REC desk...

This week's prayer reminds us all about the gifts of the Holy Spirit. One of the beliefs of the Catholic Church is that the coming of the Holy Spirit also brought with it seven gifts. The *Catechism of the Church* explains, "The moral life of Christians is sustained by the gifts of the Holy Spirit. These are **permanent dispositions which make man docile in following the promptings of the Holy Spirit**" (CCC 1830).

These gifts are imparted to the soul at baptism, but then sealed and strengthened through the Sacrament of Confirmation.

Brother Thierry-Dominique Humbrech explains these spiritual gifts or charisms in this way:

"The Holy Spirit has the capacity to attribute spiritual gifts or charisms (wisdom, words of knowledge, increased faith, capacity to heal, perform miracles, speaking and interpreting various tongues, the gifts of prophecy, and discernment). This is exactly what happened to the apostles when the flames descended on them on the day of Pentecost. Whether extraordinary or commonplace, these charisms must be primarily placed in the service of the Lord and of His Church. But first, they must be carefully cultivated!

People have always been fascinated by fire — the wet scent of night, the hiss of logs burning, the crackling flames. A flame is like a living entity. It exists and then it doesn't. It consumes things around it. The way the Holy Spirit operates within us is no different: the Spirit kindles, burns, rises, and consumes. It cannot be put out. It's invisible but illuminates us. When the logs blacken, the Holy Spirit escapes. How intoxicating and frustrating it is!

People like talking about charisms. But they don't always do this with understanding. The charisms are not some form of Christian magic; they're the fruits of baptism, the sacrament that every Christian adult receives but has forgotten about. But baptism is a sacrament that forever transforms our hearts. Each of us has received charisms from the Holy Spirit. Their manifestations, including the most spectacular ones, are renewed in the sacrament of confirmation. But are we aware of this?

We must distinguish between talent and charisma. A talent is a blessing that can turn one into a saint. A charism is a blessing that gives us the gift of inspiring others to become saints. Often charisms are seen as a complement to our human talents. The Holy Spirit elevates us much higher than we could have ever imagined, but based on what we already are. For example, the silver-tongued St. Paul became an apostle of Christ.

Still, it would be wrong to ignore that talents and charisms must be strengthened by virtue. Virtue will put them into use. Prayerfulness is a virtue that must be cultivated daily or it will be lost. A fire doesn't feed fire, it must be fed."

<https://aleteia.org/cp1/2020/05/31/pentecost-how-to-cultivate-the-charisms-youve-been-given/>

As our Year Six students begin their journeys in exploring the various lives of Catholic Saints, I was prompted to revisit Pope Francis' apostolic exhortation, *Gaudete et Exultate: On the Call to Holiness in Today's World*. I carry this little book around in my bag so that during moments when I have cause to question or lack inspiration, I can flick through its pages to remind myself of the many ways as to how I can help to transform society. For all the risks and challenges in today's world, I try to find what opportunities there are in our daily lives "to be holy and blameless before him in love" (Eph 1:4). For some of us who are unable to travel to other countries to participate in mission work, we can always start in the home first and then move out to look at what we can do in our own communities to transform the lives of others.

Continued

In the past, St Mary's students have even travelled to Cambodia for their mission work and when reflecting upon their trips, many have them have said it was one of the most powerful and rewarding servant leadership programs they had done and how it had impacted their lives in such a positive and profound way.

Currently, we are unable to travel to these countries at the moment. To that end, I am delighted to announce that we already have our first donation of sewing goodies for our Congo Care bags. Remember, if you have any pre-loved sewing items or would like to donate any money or new items to this mission, please drop them off to the school or Church. We are seeking dressmaking scissors, tape measures, pins, needles, cotton threads, and associated items like safety thimbles, seam rippers etc... Pin cushions are currently being made by the Year 9 sewing class.



Thank you all in anticipation of your support and special thanks to the Burton family for their very generous donation of new items and for kickstarting our project.

Until next time, God bless ...

Sam Da Luz

Religious Education Coordinator

Congo Care

Please help us support these amazing young girls in providing for their families!



Donations welcome:

- DRESSMAKING PINS
- SEAM RIPPERS
- SEWING NEEDLES
- MEASURING TAPES
- SPOOLS OF THREAD
- SCISSORS
- MONETARY DONATIONS

Donations can be delivered to Sam Da Luz or Sandra Griffiths at St Mary Star of the Sea Catholic School.



SECONDARY NEWS

As we pass the half-way mark in the term, we are once again reminded how quickly time flies! Very soon we will be saying farewell to the end of another term. This is despite the restrictions which have been put into place as a result of COVID-19.

Although a much quieter term, we still have some events to look forward to. Teachers are busy putting together the data required to complete your child's Semester 1 report, to be uploaded into SEQTA in Week 10. In line with the rest of Semester 1, this report is going to look a little differently to previous reports and our Semester 2 report. As a result of the interruption imposed on us as a result of COVID-19, we have been advised that we are not to report in grades for Years 7 – 10. They will still receive their normal values, their course descriptors and an alternative to grades which will still give you an indication of how well they have progressed this semester. Final grades will be issued at the end of Semester 2. Additional information will be sent to parents as the semester progresses.

In Weeks 9 and 10, secondary and primary students will be participating in a cross-country event. This will see students competing within their year levels, as well as competition occurring between the houses.

On Friday of Week 10, we will also be holding our good standing event from lunchtime onwards, after celebrating a whole school lunch.

Finally, for Week 10, our Year 10 students will also be out and about on Work Experience! Both Mrs Meynell and the students have been busily preparing with application letters, introductions and a multitude of other forms required!

Thank you to the parents impacted by our afterschool detention sessions. We have appreciated your support in picking up your child at 3.40pm when required! We are hoping the number of students will lessen as the year progresses as our students become more organised with their homework and assessments.

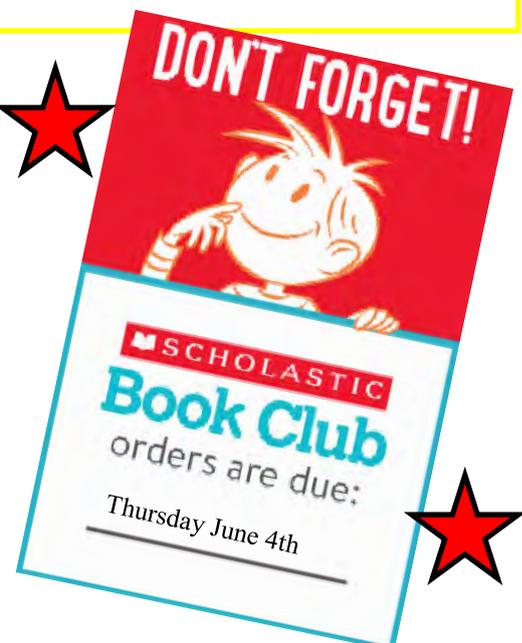
Congratulations to our students in their non-core areas. We have been seeing some amazing dishes coming out of Food Technology and some very inspiring pieces from Visual Arts, D&T and MD&T. Plus, I was very impressed with the students playing the ukulele the other day!

Kind regards

Narelle Holtham



Book Week 2020



**Get your costumes organised early!
October 17-23**





St Mary Star of the Sea Catholic School

Teaching Assistant – Full-time

20th July – 31 December 2020

Persons interested in applying for this position are invited to submit a brief covering letter, a resume (detailing relevant qualifications and experience) and the names and contact numbers of three referees. Applicants must be fully supportive of the objectives and ethos of Catholic education. A minimum Certificate 111 in Education Assistant or working towards this qualification is essential. Applicants must be able to provide a current Dept of Education Criminal History check. Please apply for this check online <https://www.education.wa.edu.au/ncchc>.

On appointment, the successful applicant will be required to apply for a Working with Children Card.

Closing Date: 12th June 2020.

Please address applications to:

The Principal,
St Mary Star of the Sea School
P.O. Box 772
CARNARVON 6701

Email : admin@smc.wa.edu.au Subject: Teaching Assistant 2020



*Welcome
back
Mrs
Punch!*

Staff celebrated Mrs Punch's return to Carnarvon with a morning tea.



Mrs Punch said she feels very blessed to be part of such a wonderful team and looks forward to her return to work in the near future.

AROUND THE CLASSROOMS...

Year 2 Science

This term in Science we've been learning about different types of mixtures.

This week we learnt that the properties of mixtures can depend on the relative amounts of substances it contains.

We tried to make slime and played around with the amount of water added to see if we would be successful.



OUR OBSERVATIONS:

When we added a little bit of water to the mixture, we found our mixture to be too hard. When we added more water to the mixture, we realised it became too runny. We discovered that it is important to get the consistency of the ingredients correct to achieve the desired Outcome.

CROSS COUNTRY TRAINING

Cross Country training for Year 3-12 students will continue every **Monday and Wednesday morning from 7.15-7.45am** Breakfast will be provided.

High School Cross Country is scheduled for **Week 9—Friday June 26th**

Primary School Cross Country is scheduled for **Week 10—Friday July 3rd**



Tiah Barrett
Health and Physical Education Teacher

AROUND THE CLASSROOMS...

YEAR 10 SCIENCE

Year 10's have spent time investigating the importance of understanding Newton's Laws when designing new vehicles.

In this assessed task, student's had to save their eggselement driver during a collision by building a vehicle which will allow the driver to survive a downhill collision.



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@smc.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.



AROUND THE CLASSROOMS...

Year 4 Students have been busy learning about the law in Civics and Citizenship.



Kindy, Pre Primary and Year 1 Students thoroughly enjoyed reading Whitney and Britney Chicken Divas!

YEAR 7 SCIENCE DEBATES

During this term we have been investigating different energy types and how resources are used on Earth. To push ourselves and try a new skill, we have participated in debates. Everyone has had the opportunity to speak in front of a microphone and have the full attention of their classmates as they try to make their case and win their debate.



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



The staff at St Mary's discovered a special treat in their pigeon holes on Friday—a special thank you from the P & F for all the extra work over the past few months.

During these difficult and challenging times, we really appreciate the extra effort all staff have made.

Please note our next meeting is scheduled for: **Thursday 18th June at 2.45pm**



COMMUNITY NEWS



FATHERING 101 – PARENTING INFORMATION FOR DADS

JOIN US FOR A FREE ONLINE TWO-PART SERIES DELIVERED BY A DAD, FOR DADS!

THIS ONLINE WORKSHOP WILL COVER:

- Building self-regulation
- Why Dad's modelling is so important
- "Same page parenting"
- Setting limits and boundaries
- Strengthening relationships

Where: Zoom Online Application (please download to device which has audio and video prior to start date.)

When: Thursday 4th and 9th June 2020, 7.30-8.30pm

Cost: FREE – courtesy of Parenting Connection Midwest and Gascoyne

Facilitator: Brad Williams, Behaviour Tonics

Phone: 9921 4477 or M: 0427 789 196 or Email: Midwest.PCWA@ngala.com.au

Once registered Zoom meeting ID and Password will be sent via email before the workshop starts along with a set of notes and workshop activities (PDF for printing).

A recording of the workshop will be available for a limited time following each workshop.



ENGAGING ADOLESCENTS

PARENTING SKILLS FOR NAVIGATING THE TEENAGE YEARS

THIS ONLINE COURSE PROVIDES PARENTS AND CAREGIVERS EASY-TO-USE TECHNIQUES TO SUPPORT TEENS TO MANAGE THEIR OWN BEHAVIOR, EMOTIONS AND BUILD BETTER RELATIONSHIPS.

- Three-session parent course
- A practical 'how-to' guide for parents
- 3x 90 minute live and interactive webinar sessions delivered by Brad Williams from Behaviour Tonics. Brad has over 15 years' experience delivering engaging interactive parenting sessions across rural WA.

Registrations close 04 June to allow course booklets to be posted to participants

Where: Zoom Online Application (please download to device which has audio and video prior to start date.)

When: Tuesday 16th, 23rd and 30th June 2020 from 7.30pm – 9.00pm

Cost: FREE – courtesy of Parenting Connection Midwest and Gascoyne

Facilitator: Brad Williams, Behaviour Tonics

Phone: 08 9921 4477 or M: 0427 789 196 or Email: Midwest.PCWA@ngala.com.au

Once registered Zoom meeting ID and Password will be sent via email before the workshop starts.



TEN TAKE HOME PARENTING TIPS

THIS INFORMATIVE & PRACTICAL ONLINE WORKSHOP WILL SUPPORT PARENTS AND CARERS OF CHILDREN AGED 2 - 10 YEARS

THE WORKSHOP WILL COVER:

- Self-regulation, self-control and challenging behaviour
- Identifying their own emotions
- Learning what behaviour is OK and not OK
- How to learn and choose behaviour that helps you and helps them
- Strengthening parent and child relationships and avoiding the parental overload

BUILDING YOUR PARENTING TOOLBOX WITH CONFIDENCE TO TACKLE ANY SITUATION

Where: Zoom Online Application (please download to device which has audio and video prior to start date.)

When: Wednesday 3rd June 2020 10am-11:30am

Cost: FREE – courtesy of Parenting Connection Midwest and Gascoyne

Facilitator: Brad Williams, Behaviour Tonics

Phone: 08 9921 4477 or M:0427 789 196 or Email: Midwest.PCWA@ngala.com.au

Once registered Zoom meeting ID and Password will be sent via email before the workshop starts along with a set of notes and workshop activities (PDF for printing)

A recording of the workshop will be available for a limited time following the workshop



NO SCAREDY CATS PARENT COURSE

A FREE ONLINE 3 PART SERIES FOR PARENTS AND CARERS OF CHILDREN AGED BETWEEN 2 - 12 YEARS

IN THIS ONLINE WORKSHOP YOU WILL LEARN:

- Strategies to reduce anxiety and worries and build resilience in your child
- An overview of brain development and how this plays a vital role with children's emotions and behaviour
- How to support your child through risk taking but at the same time keeping them safe
- Memorable strengthening sayings, questioning strategies and mindfulness exercises

REGISTRATIONS CLOSE ON THE 2nd JUNE TO ALLOW PARTICIPANTS TIME TO RECEIVE COURSE BOOKLET

Where: Zoom Online Application (please download to device which has audio and video prior to start date.)

When: Thursday 11th, 18th and 24th June 2020 commencing at 7.30pm to 8.00pm

Cost: FREE – courtesy of Parenting Connection Midwest and Gascoyne

Facilitator: Brad Williams, Behaviour Tonics

Phone: 08 9921 4477 or M:0427 789 196 or Email: Midwest.PCWA@ngala.com.au

Once registered Zoom meeting ID and Password will be sent via email before the workshop starts

Recording of the workshop will be available for a limited time following each workshop



SunCity Tennis Academy

Carnarvon Tennis Club
Cnr Butcher St & Dempster Rd
Carnarvon

0409 485 117

tennis@suncitytennisacademy.com.au
www.suncitytennisacademy.com.au



CARNARVON TENNIS CLUB Inc

PO Box 892
Cnr Butcher St and Dempster Rd
CARNARVON WA 6701

REMOTE TENNIS SERVICES AUSTRALIA

Term 2 2020 Enrolments are being taken now!

We cater for all ages & standards under 3 years to Adult.

With classes starting at just \$13.75 a week, spaces are filling fast!

Programs on offer:

- ANZ Hotshots
- Group Lessons
- Squad Lessons
- Private Lessons
- Tennis in Schools
- Corporate Groups
- Equipment Service & Sales

Term 2 Begins SATURDAY Afternoon

6th June 2020* - 4 Week Program

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

* Invoices issued at 1st session - Payments not received by due date may result in removal from Program.



Got a group of friends who want to play together? Not a problem, let us arrange a time that suits!

Spaces Available SATURDAY Only. To secure your spot please contact us via email.

All coaching staff are Tennis Australia / ATPCA Qualified & Endorsed.

Programs are subject to enrolment numbers. Classes & days may be combined or cancelled. Enrolments are on 1st in best booked basis.

What's on offer @ SCTA Carnarvon - Term 2 2020

Class Type	Time	Cost <small>(per inc)</small>	Ages	Schedule
Tiny Tackers Red Ball	30mins	\$13.75	3-4yrs	2:30-3:00pm
Orange Ball Hotshots	1 hour	\$19.25	5-7yrs	3:00-4:00pm
Green Ball Hotshots	1 hour	\$19.25	8-11yrs	4:00-5:00pm
Yellow Ball Groups	1 hour	\$19.25	12-16yrs	5:00-6:00pm
Adult Group	1 hour	\$19.25	17yrs+	6:00-7:00pm
Private Lesson	30mins	\$44.00	N/A	Subject to availability
Private Lesson	1 hour	\$77.00	N/A	Subject to availability

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

Invoices issued at 1st session - Payments not received by due date may result in removal from Program.

Junior Memberships to the Carnarvon Tennis Club are included in your

1st Invoice for the year - \$20.00 (once off annual payment)

Membership to CTC allows unlimited Court use and access (Courts 7 & 8 for Juniors) & aids CTC in supporting Coaching & other programs

SCTA encourages all of our Clients to Support CTC by becoming Members in 2020 & beyond.

EXPRESSION OF INTEREST



Protective Behaviours parents workshop. We will run a morning and evening online session (subject to numbers) please email to express interest: csars1@cfss.org.au or message us on Facebook

