



Term 3 Week 3

Aug 5 2020

# School Newsletter

Term 3 Week 3

## 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  
Chairperson  
Vice Chair  
P&F Rep

David Kearney  
Sue Jordan  
Val Shrubbs  
Susana Svilicich

Member  
Secretary  
Member  
Treasurer

## IMPORTANT THINGS TO REMEMBER

### Week 3

Thursday Aug 6  
Friday Aug 7  
Friday Aug 7

Parents & Friends Meeting 2.45pm  
Mary MacKillop Liturgy  
Primary Assembly—Yr 6

### Week 4

Monday Aug 10  
Wednesday Aug 12  
Thursday Aug 13  
Friday Aug 14

OLNA Writing Yr 9  
Board Meeting 7.30pm  
Inter house Field Day  
Inter house Track Day

### Week 5

Monday Aug 17  
Thursday Aug 20

National Science Week  
OLNA Reading Yr 9

### Week 6

Monday Aug 24  
Wednesday Aug 26  
Wednesday Aug 26  
Wednesday Aug 26  
Friday Aug 28  
Sunday August 30

First Eucharist Parent/Child Meeting 6.30pm  
OLNA Numeracy Yr 9  
Dental Screening—PP, Yr 3 & Yr 6  
Parish Council Meeting 6.30pm  
Primary Assembly—Yr 5  
First Eucharist

## Prayer

*Heavenly Father,*

*Please help us to stay strong in body as well as in spirit,  
to have the wisdom and prudence to do what is called for,  
to have empathy for all those who are suffering,  
and to live in your love,*

*presence  
and  
strength.*

*Amen*



## FROM THE PRINCIPAL'S DESK

Dear Parents, Teachers and Friends,

In these unusual times, a sense of malaise and apathy can descend upon us, and occasionally it is hard to continue our positive attitude about our current world. I find I am constantly reflecting upon the situation in Victoria, and as well as a sense of empathy, I wonder how we would be feeling being forced into a similar predicament. It is important for our children that we continue to exude a positive disposition to support them through the current era.

Being positive about ourselves comes not just from the things we actually do but how we feel about ourselves and the level of contentment we have. If we lack self-belief or continue to live in the past or have too strong a desire to be perfect, then we deliberately place obstacles in our life, for we immediately place limits on our development as persons. If we constantly compare ourselves with others, we undermine our worth; it is because each of us is different, that each of us is special. We should not let life slip through our fingers by living in the past; by living one day at a time, we live all the days of our life. We should never be afraid to admit that we are less than perfect; it is this fragile thread in us that binds us together.

So, what are the messages that our children receive by watching and listening to us lead our lives? Do they learn to accept and respect the reality of their own life when it is pleasant and painful; do they learn not to blame others? Do they learn to forgive others and themselves and correct their mistakes? Do they learn to be patient, kind, gentle and compassionate with others and themselves? Do they learn that they don't have to prove themselves better or worse than anyone else? It is these traits that children learn in the place where most of their education occurs; the home.

“God, our Father, we thank You for Your many gifts to us,  
Help us to see in others what You see and love in us.

By the power of Your Spirit,  
may we grow in creativity and imagination  
so that our life is fulfilled for ourselves and productive for others.  
Peace and Best Wishes.  
Amen.”

### SCHOOL ATHLETICS CARNIVAL

The school athletics carnival days are being held next Thursday and Friday, 13<sup>th</sup> and 14<sup>th</sup> August. Students involved in the carnival from Year 3 – 12 will need to bring their own recess, lunch and drinks on the carnival days. The canteen will still be open for all students before school and classes up to Year 2 on Thursday and Friday.

### PARENTS AND FRIENDS MEETING

The next Parents and Friends and meeting will be held tomorrow at 2:45pm on the outside stage area. All are welcome.

### PRIMARY ASSEMBLY

The next primary assembly will be held in the school hall this Friday, however due to restrictions parents won't be able to attend. The assembly will be recorded and placed on the school Facebook page so parents will be able to view it at a time that suits them following the assembly.

### MARY MACKILLOP LITURGY

The Year 2 class will be coordinating a Mary Mackillop liturgy that will be viewed by all classes this Friday. This recording will be able to be viewed by parents on the school Facebook page.

### SCHOOL BOARD MEETING

The next school board meeting will be held on Wednesday 12<sup>th</sup> August at 7:30 pm.

God Bless



Mr Steve O'Halloran  
Principal



## From the REC desk...

**Mass Times:**    Saturday 7.00 pm    Sunday 9.00 am

*Please adhere to all COVID – Safe regulations. Hand sanitiser is available*

For most people most of the time, prayer is hard. It is especially difficult (not to mention unsatisfying) when people experience it as formal, dry, and repetitious. But what might happen if you discovered a simple prayer that changed all that? What if you discovered a prayer that changed you?

I discovered a 500-year-old form of prayer that dramatically altered my perception of prayer and the way I prayed last year. The prayer is the Examen, which St. Ignatius Loyola developed for the purpose of nurturing a reflective habit of mind that is constantly attuned to God's presence. What makes the prayer so powerful is its capacity to dispel any notion that God is somewhere "up there," detached from our day-to-day tasks and concerns. Instead, the Examen leads us into a relationship with a God who desires to be personally caught up in the lives of those whom he created.

By following five simple yet powerful steps for praying the Examen, we can encounter the God who, as Scripture tells us, "is not far from each one of us"—the God whose presence in our lives can make all the difference in the world.

Acknowledge how you are feeling in this moment. If being calm is hard, acknowledge it. If you find yourself frustrated or stressed, acknowledge it. God wants to be present in all parts of our lives—not just the easy or serene moments.

Praying the Examen is a good habit to establish. Every day, you review the day, notice where and how God was present, and notice how you responded to the day. You give thanks, ask forgiveness, and ask for help tomorrow. The Examen is a good "tracker" prayer that can help you keep up with yourself and remain aware of how you are moving through the day.

The Examen can also be a good means of identifying the need for good habits or discovering good habits you are already beginning to establish. How does this work? I will post some steps to follow in the next newsletter if you would like to try these exercises. I hope you will find some merit in doing them and if not, at least begin opening up the possibilities of seeing more good in this world rather than bad ... there is far more that is right than wrong in this world anyhow (Dewitt Jones, 2018).

The *Saint-sations!* Design a Logo competition has been launched. Please make sure your designs are submitted to me by Monday 17<sup>th</sup> August. We are eager to begin printing our shirts soon so that we can begin our public performances.

Congratulations to all our Confirmation students in Years 6 & 7 for a beautiful celebration in Week 1 – many thanks to all parent helpers, Ms Concannon, Bishop Michael and Fr Mariusz for your input on the day and in your support leading up to this beautiful sacrament. The students have asked whether I will continue working with them on similar RE activities as we did on our Retreat Day in Week 1, which I will do, later in the term.

*Continued...*



## *Continued...*

We now look forward to the next sacrament on our schedule which will be First Holy Communion (Eucharist) taking place in Week 6. Mrs Durmanich and I are looking forward to putting all final touches to this celebration soon and wish to remind all families to continue the good work on their home programs and booklets.

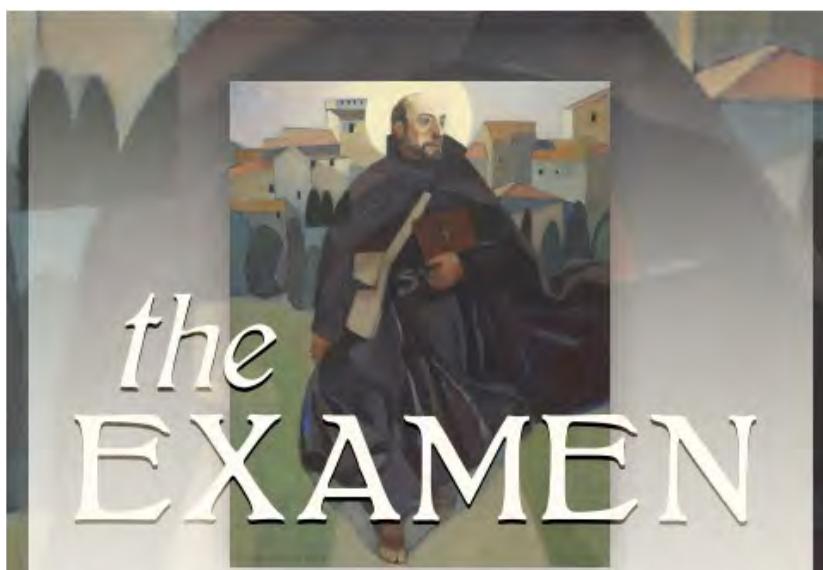
K-12 Class masses will re-commence this week on Thursdays at 9.30am. Please join us if you are available at our church on those days. Due to restrictions still in place on mass gatherings, we will postpone all High School Homeroom/Faction weekend masses until further notice.

In closing, I have attached a simple prayer card for you to try this week. It is based on the Daily Examen by St Ignatius. Let me know how you go ...

Kind regards,

*Sam Da Luz*

Religious Education Coordinator



The *Examen* is a method of reviewing your day in the presence of God. It's actually an attitude more than a method, a time set aside for thankful reflection on where God is in your everyday life. It has five steps, which most people take more or less in order, and it usually takes 15 to 20 minutes per day. Here it is in a nutshell:

- 1 Ask God for light.**  
*I want to look at my day with God's eyes, not merely my own.*
- 2 Give thanks.**  
*The day I have just lived is a gift from God. Be grateful for it.*
- 3 Review the day.**  
*I carefully look back on the day just completed, being guided by the Holy Spirit.*
- 4 Face your shortcomings.**  
*I face up to what is wrong—in my life and in me.*
- 5 Look toward the day to come.**  
*I ask where I need God in the day to come.*

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Confirmation  
Sunday July 26, 2020

# Bishop Michael's Visit

Thank you Bishop Michael for visiting our classrooms and for your inspirational talks amongst the primary and secondary classes.



## **SECONDARY NEWS**

The past two weeks have presented several opportunities for our students. Studying Civics and Citizenship in Humanities has seen Mrs Meynell organise two special guests; Hon Melissa Price MP and Vince Catania MP. As well students have had the opportunity to participate in the Australian Geography Competition. Not only do they get to compete for prizes, they also have the opportunity of finding out where they stand in terms of geographical knowledge amongst their peers throughout Australia. This is also of benefit for our teaching of the Humanities as it gives us an insight into where we may need to address further learning to assist our students as they go forward.

Miss Barrett has also been burning the candle at both ends with three lots of training each week in preparation for our athletics competition next week and the ACC competition in Perth later in the month! It is essential students attend training as much as possible and try to display the appropriate behaviour within the school as well as completing their homework and assessments. Unfortunately, we are unable to take everyone!

Our Year 10s began the process of looking at what options they have available to them at the completion of Year 10. The students were introduced to the traineeships, apprenticeships, WACE, ATAR and the legal implications during a Leadership lesson in Week 1. Their parents attended an information night last week and this week we begin interviewing the students to see what is available to them. If you have any questions, please do not hesitate to contact the school.

Thank you to the teachers and the parents who attended the Parent/Teacher Meetings last week. This was the perfect opportunity for parents and teachers to address any concerns they may have, regarding their child's learning before we get too far into Semester Two. If you are seeing recurrent problems across more than one report, please make it a priority to speak to your child's teachers as soon as possible. If you were unable to make it to the evening, please contact the school and we will organise an alternative meeting time for you.

This week our Year 11 students are participating in the Aspire Digital Conference. It will give students the opportunity to explore what the university has to offer and make choices based on their own interests. The program is aimed at promoting a culture of academic achievement and desire for learning; and encouraging students who might not be considering university as an option to see the benefits and opportunities that university study offers.

Finally, next week is "Athletics"! My favourite time of the year, when ALL students get the opportunity to participate as a "Team" and the teachers get the opportunity to celebrate and encourage our students in a completely different setting. Hopefully some parents may be able to find some time away from work and join in .... as a volunteer or as a cheering spectator!

Until next the newsletter .... hope you have a great fortnight with many successes to celebrate!

Kind regards

**Narelle Holtham**

Acting Head of Secondary



Mark your calendar

**MONDAY SEPTEMBER 7th**

Catholic Faith Day

# **SECONDARY SCHOOL—AFTER SCHOOL PROGRAM**

## **WEEK 4 and 5, Term 3, 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
(2.45 - 3.45pm) ACC Training - Javelin and Long Jump	(2.40 - 3.40) Detention (2.35 - 3.35) Homework Classes	(7.15 - 7.45) ACC Training - Middle Distance Running (400,800,1500m)	(2.45 - 3.30) ACC Training - Circular Relay Training (2.40 - 3.40) Detention (2.35 - 3.35) Homework Classes	(2.35 - 3.35) Sign Writing for Nor West Board Riders
(2.45 - 3.45pm) ACC Training	(2.40 - 3.40) Detention (2.35 - 3.35) Homework Classes	(7.15 - 7.45) ACC Training	Carnival (2.40 - 3.40) Detention (2.35 - 3.35) Homework Classes	(2.35 - 3.35) Sign Writing for Nor West Board Riders



### **Athletics Training Program 2020**

It's athletics this term which means a jam-packed 10 weeks of training and carnivals. Please see below the current training program for **Years 7-12**. If your child/ren is hoping to attend the ACC Athletics Camp in Week 7, they must attend the training related to their events.

	<b>Monday afternoon (2.45-3.45pm) Jumps &amp; Throws</b>	<b>Wednesday morning (7.15-7.45am) Breakfast will not be provided.</b>	<b>Thursday afternoon (2.45-3.30pm) Sprints &amp; Relays</b>
Week 1			Sprint practice
Week 2	Shot Put (Miss B) & Triple Jump (Mrs H)	Middle Distance Running (400, 800, 1500m)	Circular relay practice
Week 3	Javelin (Miss B) & Long Jump (Mrs H)	Middle Distance Running (400, 800, 1500m)	Circular relay practice
Week 4	High Jump (Miss B) & Dis- cus (Mrs H)	<i>Carnival week</i>	<i>Carnival week</i>
Week 5	Shot Put (Miss B) & Long Jump (Mrs H)	Middle Distance Running (400, 800, 1500m)	Sprint Practice Circular Relay – Finalise Teams
Week 6	High Jump (Miss B) & Dis- cus (Mrs H)	Middle Distance Running (400, 800, 1500m)	Sprint Practice Circular Relay – Finalise Teams
Week 7	Javelin (Miss B) & Other ( Mrs N)	ACC	ACC

## AROUND THE CLASSROOMS

The Secondary classes have recently been learning about Parliament.

### Vince Catania MP visit

On Thursday the 23<sup>rd</sup> of July, Member for North West Central Vince Catania MP came to St Marys to speak to our Year 8 and 9 class. Mr Catania talked to us about the projects that he has worked on in the past, as well as ones he has in mind for the future in our local area. Examples included re-doing the fascine as well as the rebuilding of the One-Mile Jetty. Hopefully both these projects will start in the near future.



Mr Catania even brought in a Hansard, which is like a big book where everything from a certain date in Parliament is recorded.

Mr Catania briefly informed us of the voting system for parliament and the warning bells that remind the voters to go to the Voting Chamber and how every vote counted.

Mr Catania said that he was once part of a different party: The Labour Party, but he quit because he didn't think that Labour was able to represent the regional areas of Western Australia well. As such, he is now part of the National Party WA.

We were able to ask him questions; one of the questions we asked was about why he started as well as what motivates him to do his job. Mr Catania said that the thing that motivated him were the people he could talk to, like us students, seeing his projects and ideas completed, and seeing the changes that he had requested on behalf of the people that he represented.

Mr Catania also talked about how anyone could become a member of Parliament. It does not matter whether we are the smartest in the class or not, we don't even need to go to university. Just as long as we can speak to people; listen and represent the people well that was all that matters, but the most important thing was that we enjoy what we do.

By Jenny Tran Year 9

### Melissa Price—Member for Defence Industry

We were lucky to be visited by Hon Melissa Price, Member for Defence Industry on Tuesday 28th July.

Years 7,9 and 10 learnt about her role and responsibilities as a member of the federal government and got to brainstorm ideas about what they would do if they were Prime Minister for the day! Students were able to ask questions on a variety of topics and Ms Price commented on the high calibre of the questions.

It was wonderful for all students to experience a visit from a federal politician.



Hon. Melissa Price Member for Defence Industry with SRC members Years 7,9,10

## AROUND THE CLASSROOMS

Year 9— What a great effort the students in Year 9 did catering for the Secondary Parent/Teacher meeting night. The students made a mix of chocolate brownie, scones jam and cream and zucchini and cheese scones topped with ham and relish.



## SCIENCE WEEK IS COMING

In week 5 this term the annual science week events will take place. There will once again be a science open house evening to view work from students across the school.

As well as recess activities in the newly redeveloped science room, lunch time viewings of documentaries and even a lunchtime show with Ms Hegarty on the outdoor stage. More details to come closer to the date.



## St Mary Star of the Sea School Carnarvon WA

### Qualified Teacher - Temporary Part-Time FTE 0.4 (2 days per week)

IMMEDIATE START to 31 December 2020

Applications are invited for this teaching coordinator role of the **Aboriginal Families as First Educators Program (AFaFE)**. This program involves working with children from 0 – 3 years of age, and their parents.

Applicants must submit a curriculum vitae, addressed to the Principal, including the names and contact numbers of three referees, one of whom must be the current employer. Current TRBWA registration and Working with Children Card are required.

Applications to be addressed to: The Principal, Mr Steve O'Halloran, St Mary Star of the Sea Catholic School, P O Box 772, Carnarvon WA 6701.

Closing Date: Friday 14 August 2020

 **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.

<b>WHO</b> For Aboriginal and Torres Strait Islander families with children 0-4 years of age	<b>WHERE</b> 30 Egan Street	<b>WHEN</b> Monday and Wednesday Mornings 9am-12pm
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**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



Get your costumes organised early!  
October 17-23



**TERM 3**  
will commence on  
**Tuesday July 21** and conclude on  
**Friday September 25**

### **PLEASE NOTE: CHANGES TO TERM 3 CALENDAR**

The Pupil Free Day planned for Friday August 21st has been cancelled. As such, students will now be required to attend on this day.

The Catholic Faith Day that was scheduled for Monday August 24th has now been rescheduled to Monday September 7th. As such, students will be required to attend school on Monday August 24th.



### **Dental Therapy Clinic**

The Dental Therapy Clinic will be closed from  
3/7/20 to 27/7/20,  
re-opening on Tuesday 28/7/20.

In the case of EMERGENCY only,  
contact the Community Dental Clinic located at the  
Carnarvon Hospital on 99416690 or a  
Private Dentist.  
*Thank you*



# SAINT-SATIONS!

## DESIGN A LOGO COMPETITION

- ALL ENTRIES MUST USE A MAXIMUM OF THREE COLOURS ONLY
- HAVE A LOGO (DESIGN) WITH SAINT-SATIONS! AS PART OF THE DESIGN (SEE ABOVE LOGO FOR AN EXAMPLE)
- CAN BE HAND-DRAWN OR DIGITALLY PRODUCED
- ALL SUBMISSIONS TO MRS DA LUZ BY MONDAY 17TH AUGUST
- WINNING DESIGN ANNOUNCED ON FRIDAY 21ST AUGUST
- WINNING ENTRY RECEIVES \$25 VOUCHER

### LOST PROPERTY

There are a number of jackets, lunch boxes and sports clothes in the lost property shelves outside the library—if your child is missing something, please ask them to go and check this area.

Please also remember to write your name on items of clothing—especially jackets!



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



### Meeting this week!

Thursday August 6th @ 2.45pm on the outside stage area tables.

If you would like to help out with the Father's Day Stall or find out what else we have planned for the remainder of the year, come along to join in the discussion

All parents and friends are most welcome to attend.

## COMMUNITY NEWS



### JUNIOR WORKER/S REQUIRED

Norwesta Café have vacancies for a couple of 14+ year old's to help make pizzas and clean on a Friday and/or Saturday evening from 4—8.30ish.

No experience necessary, just a good attitude and be able to work in a team environment.  
Immediate start!

Please contact Michelle on mobile 0407 078 875 or pop into the office on 24 Angelo Street, if you are interested.



Norwesta Lifestyle Park  
24 Angelo St, Carnarvon WA 6701

Office: 08 9941 1277  
[enquiries@norwesta.com.au](mailto:enquiries@norwesta.com.au)  
[www.norwesta.com.au](http://www.norwesta.com.au)

**After School Program**  
**ONLINE**



### Inspire Hope

8-12 years

A weekly online workshop series offering practical and fun activities to help kids learn about positive communication, inner strength, coping skills and healthy ways to express themselves through art and craft.

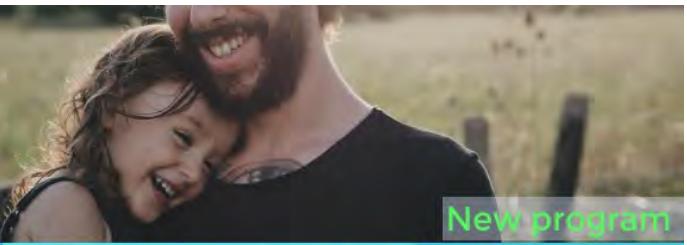
**When** Weekly on Thursday afternoons | 3pm - 4pm  
6,13,20 & 27 August, 3 September

**Where** Online - you will be emailed a link after a quick phone chat with a team member to confirm your registration

**Who** For young people aged 8-12 years who have emotional difficulties or who are at risk of developing a mental health challenge

**Cost** Free

Register your interest online [helpingminds.org.au/workshops](http://helpingminds.org.au/workshops)  
For more information contact us on (08) 9427 7100 or [info@helpingminds.org.au](mailto:info@helpingminds.org.au)



### Dads Tuning in to Kids

South East Metro Parenting Support Services

For Dads of children aged 3 - 12 years

Online - 7-session workshop

Workshop Overview

Children with good emotional intelligence often have better emotional, social and physical functioning, as well as fewer behavioural challenges.

This workshop aims to help fathers support their children to understand and regulate their emotions. It provides additional content which is particularly relevant to fathers and suggests activities that they can do with their children.

Bookings essential as places are limited.

If registering via e-mail please forward your name, contact number and post code.

**DATES**  
Wednesdays

12 August - 23 September

**TIME**  
6.00pm - 8.00pm

**LOCATION**  
Online - Zoom Application  
(link will be forwarded via e-mail after registrations close)

**COST**  
Free

**CRECHE**  
Not available

#### BOOKINGS

9251 5777  
[parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
[www.communicare.org.au](http://www.communicare.org.au)

  **COMMUNICARE** **Save the Children**

Supported by  
The South East Metro Parenting Support Service is funded by the Government of Western Australia Department of Communities. South East Metro Parenting Support Services are delivered by Communicare in partnership with Save the Children.



[helpingminds.org.au](http://helpingminds.org.au)