



ST MARY STAR OF THE SEA

IMPORTANT DATES

Week 10

22nd Sep	Year 12 School Ball
23rd Sep	Last Day of Term 3 Last Day of School (Year 12)
11:45am	Graduation Assembly Footy Colours Day

TERM 4

Week 1

10th Oct	First Day of Term 4
13th Oct	Graduation Mass and Dinner Graduation Assembly 11:30am

Week 2

21st Oct	PS Assembly Led by Yr 2
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Week 3

25th Oct	Yr 3 - 10 Swimming Carnival
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PRAYER

Each Moment of your life,
May you feel the Lord's embrace.
May you sense His guiding
presence in each challenge that
you face.
May His peace and light be with
you,
and may you realise how deeply
loved and precious you are within
His eyes.
Amen





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FROM THE PRINCIPAL'S DESK

Dear Parents, Teachers and Friends,

As a school we have been recently focussing on well-being, and the effect this can have on learning. At a recent conference in Melbourne, Professor Donna Cross highlighted some recent research from across the world that demonstrates that without important well-being traits such as gratitude, self-regulation, conflict resolution and self-awareness, success for all individuals, even those considered very intelligent, is difficult. A student with average ability yet strong emotional intelligence and well-being, is far more likely to be successful in all aspects of life than a student of very high intelligence and poor well-being and emotional intelligence.

Thankfulness is a major part of wellbeing. It creates inner wellbeing, an inner harmony and when our inner harmony goes missing, we are miserable. This could be what Frank Whiting was on about when he wrote: "I love the land of thankfulness where blessings overflow; I claim it as my native home most charming land I know. And, if I've need of anything, no matter what it be, I just give thanks with confidence and see it come to me."

Within our lives, thankfulness can be a kind of superglue, as it gives a strong sense of hope and confidence about the future. With life as busy as it is, we don't seem to take time to count our blessings, to be thankful for our life, our friends, our family, for insights into our purpose for existence, for the ability to love and be loved.

As parents we might hope that our children will learn to be thankful for the way we live our lives before them. We can tell them how thankful we are to have them in our lives. We can spend more time with them instead of buying them more toys and games and so teach them the value of relationships over material gifts. We can tell our children that we like it when they say "thank you". We can tell our children to be thankful for the inspiration that surrounds them: to marvel at the power of the wind, the immensity of the ocean, the perfection of the night sky, the rugged beauty of the natural environment - "Nature is the living, visible garment of God". Goethe.

We can be sure that there is no place for feeling miserable in a thankful heart. "I love the land of thankfulness where blessings overflow; I claim it as my native home most charming land I know."

YEAR 12 FINAL WEEK

Our Year 12 students will be leaving school for the final time this week. We have appreciated their leadership and contribution to our school, and wish them all the very best as they embark on the next step in their life journey's as fully contributing adults in our community.

INTERSCHOOL THANKS

Thanks to the staff who trained and supported the students who participated in the interschool athletics carnival last week. The behaviour was to be commended and the students competed to the best of their ability. A special thanks to Mr Django Ryan who coordinated and trained the team for this year.

FOOTY COLOURS DAY

This Friday we are having a P & F Fundraiser where students are encouraged to wear their favourite footy colours for the cost of a gold coin. Monies raised will go towards the completion of an enclosed bike area.

FIRST DAY BACK TERM 4

Our first day for Term 4 will be Monday 10th October for all students and staff.

Steve O'Halloran
Principal





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R U OK DAY

This years 'R U OK' day theme is 'No qualifications needed'.

Everyday is the day to ask if you are ok, because a conversation could change a life.

This year the whole school was invited to wear yellow Thursday 8th September in recognition of 'R U OK' day. Each year level also did some activities in their classrooms to learn how to check in on our friends and loved ones and also how to seek help if we are not feeling ok.

The staff were treated to some 'R U OK' cookies, reminded about self-care and how to seek help as well.

If you feel like you need to talk with someone, please reach out to family or a friend, or someone at the following organisations:

Kids Helpline: 1800 55 1800

Midwest & Child Adolescent Mental Health Carnarvon: 9941 6600

Carnarvon Family Support Services: 9941 1251

Centa Care Carnarvon: 0460 934 112 or Geraldton: 9921 1433

Beyond Blue: 1300 22 4636

Lifeline: 13 11 14



YR 3 - 10 SWIMMING CARNIVAL INFORMATION

DATE: TUESDAY 25 OCTOBER, 2022

CARNIVAL TIME: 9AM -2.15PM

TRANSPORT: STUDENTS COME TO SCHOOL AS USUAL. STUDENTS WILL TRAVEL ON ST MARY'S SCHOOL BUS TO THE POOL AND BACK.

- IF A PARENT IS PRESENT AT THE END OF THE CARNIVAL THEY MAY SIGN THEIR CHILD OUT WITH THE RESPECTIVE TEACHER.

CLOTHING: WEAR BATHERS UNDER SPORTS UNIFORM (HOUSE COLOUR SHIRT OR LIGHT BLUE SPORT SHIRT, SCHOOL SPORT SHORTS, SCHOOL HAT, SHOES AND SOCKS)

PLEASE BRING:

- TOWEL
- RECESS
- LUNCH
- WATER BOTTLE

VOLUNTEERS

We urgently require volunteers to help at the carnival. Please let us know if you can assist via email or by contacting the school office. Your time would be greatly appreciated.

PLEASE NOTE-

STUDENTS WILL **NOT** BE ABLE TO PURCHASE ITEMS FROM THE POOL CANTEEN
STUDENTS WILL **NOT** BE ABLE TO ORDER FROM THE SCHOOL CANTEEN

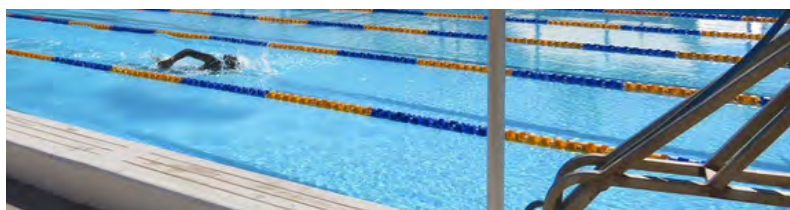
WE INVITE SPECTATORS TO THE POOL TO SUPPORT STUDENTS - PLEASE BRING YOUR OWN CHAIR

CARNIVAL COODINATORS

Mrs Sue Jordan - sue.jordan@cewa.edu.au

Mr Liam Chinnery - liam.chinnery@cewa.edu.au

Mr Django Ryan - Django.ryan@cewa.edu.au





ST MARY STAR OF THE SEA

NEWS

