



'Cultural Achievement Award'

**Monday 12th October 2020**  
**Term 4 Week 2**

Dear Families

This week is Mental Health Week and I think 2020 has taught us that this is a topic we all need to take seriously. This year has shown that we are all susceptible to struggles with our Mental Health and I hope it has begun to take away some of the stigma associated with mental illness. There are some great resources to support us in this area and I encourage you to have a look and definitely take some time for you and your mental health this week.

<https://www.qldmentalhealthweek.org.au/>  
<https://mentalwellbeing.initiatives.qld.gov.au/>



As a school we know the importance of taking time to pause and reflect. We do this as we review the progress of our students and the impact of our teaching practice.

Our School Awards presented at the end of each year also present us with an opportunity to reflect on the growth of our students:

- 'Let Your Light Shine Award'
- 'Most Improved Student Award'
- 'Principal's Award for Consistent Effort'
- 'The Academic Achievement Award'
- 'Marist Sister's Bursary'
- 'Mercy Sister's Bursary'
- 'Sporting Achievement Award'

We also have a fairly recent award that gives us the opportunity to reflect on the gifts of our entire school community.

**The Spirit of Star of the Sea Award** was first presented in 2014 to a past student, Mitchell Luders who, through his brave fight with cancer, inspired our school community and taught us all important lessons about the way we should live. In doing so he exemplified the motto of letting your light shine in many simple ways throughout his short life.

It is presented to a member of the school community (staff, parent, parish or student) who has demonstrated a **significant contribution to building up the spirit of Star of the Sea**. They will have demonstrated **endurance and compassion** in their efforts and **worked as a unifying force** within the school, **encouraging and inspiring others** and truly **letting their light shine**.

Nominations for the award are presented to our School Board to decide upon and the award is then presented by our Board Chair at our End of Year Mass. Due to the community nature of the Award, our School Board feels that the **nomination process should be opened up to the entire school community**.

We welcome your nominations for this important Award and encourage you to write or email the school addressing the criteria described above. **Nominations close on Friday 6<sup>th</sup> November and should be addressed to The Principal and the Board Chair.**

God bless you and Live Jesus in Your Hearts Forever!

Jennett Mullane  
Principal

[jennett\\_omullane@rok.catholic.edu.au](mailto:jennett_omullane@rok.catholic.edu.au)

**From our APRE**



Take some time to make sure you and your colleagues are doing okay.

**EQUITY**  
COMMITTEE

[www.qjeu.asn.au/mentalhealth](http://www.qjeu.asn.au/mentalhealth)

**IEU** Independent  
Education  
Union  
Queensland and Northern Territory Branch

There has never been a time when this is more important and at Star of the Sea we value mental wellbeing. *Take time is about the simple yet proven things everyone can do to boost mental wellbeing! It is also about breaking down the stigma associated with mental illness and reaching out to people in our communities who need support.*

Take time to –

- Show kindness
- Keep learning
- Get healthy
- Embrace nature
- Connect more
- Take notice

If there is anything at all that we can do to help please do not hesitate to contact our office.

### A PRAYER FOR MENTAL WELLBEING

*Loving God, we pray today for those who are confronted by the sadness, ambiguity and confusion of mental illness, and for those upon whom they depend for attention and compassionate care.*

*Look with mercy on all whose afflictions bring them weakness, distress, confusion or isolation. Provide for them homes of dignity and peace; give to them understanding helpers and the willingness to accept help. We ask this in the name of Jesus Christ our Lord. Amen.*

## Socktober

### Friday 16<sup>th</sup> October

Get your crazy socks ready to wear to school on Friday. Each year we support this event to raise funds for Catholic Mission. Please wear your crazy socks on Friday and bring a coin donation.



### MJR MESSAGE OF THE WEEK

**Be Grateful – start each day by being grateful for the many blessings you have been given.**



## **WEEKLY WONDERING**

**I wonder if you accept the invitation to God's Banquet?**



***"Commitment is caring deeply about something or someone."***



***Believe in yourself and have a wonderful week.***

***Kellie Richardson  
Assistant Principal: Religious Education***

### **IN OUR PRAYERS**

- We pray for our State as we come to elect a new Parliament: May those elected set their hearts on serving the common good and may all voters choose what is best for all Queenslanders.
- We pray for all in our community who are struggling with sickness or tragedy in their families: May they may receive the support and love they need to get them through these difficult times.
- We pray for all of us: Move our hearts to cherish the precious gift of life at every stage and in every condition, and especially when it is most vulnerable.
- We pray for all who work to ease pain and suffering in our world: During World Mission Month may we seek to help aid agencies who bring healing and relief.
- We pray for all of us in this month of the Rosary: May we embrace the beauty of this prayer and learn from the example of Jesus and Mary how to live lives of love and mercy.



<http://www.usccb.org/prayer-and-worship/prayers-and-devotions/rosaries/how-to-pray-the-rosary.cfm>

### **A MESSAGE FROM THE PARISH**



A friendly reminder to register online for Sunday Masses at: [www.sosgladstone.eventbrite.com.au](http://www.sosgladstone.eventbrite.com.au). You can watch this week's children's liturgy video on our YouTube channel: <https://www.youtube.com/channel/UCAewY9fvC7TZikGRcuVUo4w>

Keep up to date on our Facebook page: [www.facebook.com/sosparishgladstone](http://www.facebook.com/sosparishgladstone)

#### **LIVE-STREAMING OF MASS**

For those who are still not able to come to Mass, you can access the live-stream from our Cathedral at 9:30am Sundays: <https://www.youtube.com/user/StJosephsCa thRton>



## CURRICULUM NEWS



### GEARING UP FOR PARENT ENGAGEMENT IN STUDENT LEARNING

The Catholic School Parents Australia (CSPA) toolkit – *Gearing up for parent Engagement in Student Learning* – has been updated with case studies. The toolkit has been developed for families and schools to help make transitions into primary and secondary schooling positive for children and young people.

The information contained in the toolkit will assist the important relationships between teachers, parents and children to flourish into meaningful partnerships between home and school. Recent educational research has highlighted the significant impact of such partnerships on the learning and wellbeing of students.

The case studies that have been added to the site showcase examples of effective parent engagement. The toolkit would be useful in planning Prep or Year 7 transition events and in designing ways of welcoming new families to your school.

The resources can be found at <https://www.parentengagementcspa.edu.au/>

Have a good week everyone.

**Anthony King**  
**Assistant Principal: Curriculum**

**A “Student Achievement” book is available in the school office for all parents to submit details of their child/children’s achievements in the school newsletter. Please contact the school office on 49721305 for further information.**

## P&F Meeting tonight Tuesday 13<sup>th</sup> October at 6:30pm



Please do not attend if unwell and ensure you maintain appropriate hygiene and distancing practices.

Join us at 6pm for a chat and refreshments if you are free.



**STAR OF THE SEA**  
CATHOLIC PRIMARY SCHOOL GLADSTONE

**PARENTS & FRIENDS ASSOCIATION**

## 50/50 RAFFLE

**One Winner – Cash Prize:  
50% of Ticket Sales OR \$2000 Cash**

(whichever is greater)

Remaining proceeds to go to the Star of the Sea Parents & Friends Association.

**Drawn 27<sup>th</sup> November –  
Live streamed via our  
Facebook page.**

**\$20**  
Per ticket

Winner attendance not required at the draw.

# SAFETY CONCERN



**Please be aware that if you wish to stop and walk your children into school, please do not park in the yellow lined area and car parks in the Central Lane cul-de-sac.**

**This is not only illegal, but also impedes the flow of traffic and puts our students at risk.**

**Thank you for your support.**

## **\*\*School Banking\*\*** **Each Wednesday**

**School Banking information packs are available from the school office.**



*The following notices are for information only. Neither the Principal nor agents or employees of the Roman Catholic Church or Star of the Sea School make any warranty or representation about the information provided in this section*




TUESDAY 12th	9:30am - 11am	<b>Landscape Café - Brazil</b> Details: Free monthly social activity to share & learn about a different country/culture. This month is all about Brazil Where: Gladstone Library, 39 Goodoon Street
WEDNESDAY 14th	6pm-7pm	<b>Yoga Class</b> Details: General class is an all levels class, so you will find students at different stages of their yoga practice. Where: Gladstone Inclusion Centre, 21 Off Street Cost: contact below For more info, please contact 0438 890 158 or gajiviveka@hotmail.com
WEDNESDAY 14th	11am-12pm	<b>Volunteer Program - Information Session</b> Details: Weekly meetings to talk about volunteering. Bookings required Where: Gladstone Inclusion Centre, 21 Off Street
WEDNESDAY 14th	10am-11pm	<b>Information Session for Cert III in Individual Support</b> Details: Find out more information for the upcoming (no-charge to participants) training program Certificate III in Individual Support Where: Gladstone Inclusion Centre, 21 Off Street
THURSDAY 15th	10am-11pm	<b>Sewing Circle</b> Details: Free weekly sewing activity. You can BYO sewing machine or stitch by hand. Coffee and tea provided Where: Gladstone Inclusion Centre, 21 Off Street
FRIDAY 15th	9:30 - 11:30am	<b>Intercultural Playgroups</b> Details: Free playgroup for pre-schoolers and their 0-5-year olds Where: Gladstone Inclusion Centre, 21 Off Street
SATURDAY 17th	7:45am-8:45am and 9am-10pm	<b>Yoga Classes</b> Details: Gentle seniors, prenatal, all yoga Where: Gladstone Inclusion Centre, 21 Off Street Cost: contact below For more info, please contact 0438 890 158 or gajiviveka@hotmail.com

To view or download the printable version, please click here

To find more information about these programs, please contact us on 07 48031 1931  
or email [admin@wln-australia.org.au](mailto:admin@wln-australia.org.au)

## Will you support our Cathedral Restoration?

**NO HASSLE, NO SIGNING UP AND NO COST TO YOU!**

Simply scan your **DRAKE** keytag  at the checkout with your groceries, and automatically 1 cent of every dollar you spend goes to the Cathedral Restoration Fund.

Key tags are available at your School Office, or your local Drakes Supa IGA store — put it on your car keys so you remember to use it

Key tags can be used at any Drakes Supa IGA supermarket in Queensland. Currently in our Diocese Drakes stores are located at:

- Gladstone
- Toolooa Street
- Sun Valley
- Glenmore (North Rockhampton)
- Emu Park
- Calliope



The Cathedral Restoration Fund Committee thanks you for your support

## PROTECT YOURSELF AND THOSE AROUND YOU



Stay home if you're unwell



Wash your hands regularly



Cover your coughs and sneezes



Keep 1.5 metres away from someone who is sick



Avoid touching your face



# Congratulations to our Students of the Week

Please email [sosg@rok.catholic.edu.au](mailto:sosg@rok.catholic.edu.au) if you would like a copy of your child's Student of the Week photo.





