



Tuesday 9th February 2021 **Week Three Term One**

Dear Families

Friday's Swimming Carnival was a great success thanks to the staff and volunteers who worked hard to make it run so smoothly. Special thanks to Vicki Blake and Miss Erin who helped put it all together.

There were many great moments on the day where our children shone for various reasons, including swimming their best personal times, showing great team spirit and facing their fears.

Our understanding of the workings of our brain has been transformed in recent years with the concept of brain plasticity. This has had a major impact on education and influences our core beliefs and practices at Star of the Sea.

We believe that people are not born a certain way and "fixed" that way for life. In fact, given time, strategies, effort and opportunities, everyone can change and improve.

A lot of our success or our struggle are tied up with the way we think about ourselves and others. It is often a compilation of assumptions, beliefs and perspectives.

We see the effect of these mindsets at school each day and at events like our carnivals where children step out of their comfort zone and show grit with their goals.

There are a number of different mindsets that we try to help your children grow. Each one is just as important as the other.

Relational Mindsets

- Being open to building positive relationships and making connections with people.
- Recognising that we are more alike than different, and that we need one another.

Growth Mindsets

- A growth mindset teaches us that people are not born a certain way and "fixed" that way for life.
- Given time, strategies, effort and opportunities, everyone can change and improve.

Reflective Mindsets

A Reflective Mindset requires us to think about our successes and failures and find ways to improve and grow in our understanding and skills.

Responsible Mindsets

- Realising that I am in charge of my choices and I can always improve myself and my learning.
- Desiring to be the best I can be.

We encourage you to explore ways to help your child grow these important mindsets by challenging their beliefs, assumptions and perspectives about themselves and others.

2021 BOARD MEMBERS

Our School Board plays an essential role in the life of our school. It has a number of important responsibilities including providing a shared wisdom to guide the Principal in ensuring our school stays focused on its core mission and vision.

We are seeking new members for our Board this year and invite you to find out more about what we do if you are interested. **We will be holding an information session next Tuesday 16 February at 5:30pm** in the Staffroom. Please also feel free to speak to me directly with any queries you may have.

2021 SCHOOL EVENTS

You may have noticed that we advertised a Welcome Back BBQ on the Term Planner. This was in error unfortunately.

We had hoped to have a whole school BBQ and disco but it has not turned out to be possible for a number of reasons. It has instead been rescheduled for the beginning of Term Two and we look forward to seeing as many of you there as possible.

This term we will focus on opportunities for smaller gatherings where you can connect with each other. We are planning class Morning Teas for parents just to have a cuppa and a chat. We know that this won't suit working families so we are also investigating opportunities for a Men's Night out and a Ladies Night out. Feel free to give us your suggestions.

Keep your eye out for more details.

God bless you and Live Jesus in Your Hearts Forever!

Jennett Mullane
Principal

jennett_omullane@rok.catholic.edu.au

IN OUR PRAYERS

- We pray for all members of our Star of the Sea community: May they seek always to challenge their beliefs, assumptions and perspectives about themselves and others, thus allowing growth in all areas of their lives.
- We pray for the life-giving gift of rain: May it be felt in the areas most affected by the drought.
- We pray for all affected by the COVID-19 pandemic in any way: May they not lose sight of the virtues of hope and endurance.
- We pray for those members of our school community who are battling sickness and suffering in their life, including our very own, Mrs Rosie Weilharter: May they find healing and comfort.

WHEN MAY YOU DROP YOUR CHILD TO SCHOOL?

Please remember that supervision for your child is not provided until 8:10am each morning. **No child should arrive at school before that time please.**

We have a Before Hours Care service that is licensed by the department to care for our students before the official school hours begin. This means that children outside the care of that service cannot be on site while this service is operating in the licensed area.

If you do need your children on site before that time you will need to enrol them in our Before Hours Care Service.

More information about our OSHC Service can be obtained via our website:

<http://www.staroftheseagladstone.qld.edu.au/about-us/oshc.html>

We appreciate your support in keeping your child safe and complying with the legislation we are bound to work under.

Prep 2022 Enrolment Applications

Children born between 1st July 2016 and 30th June 2017 are eligible to commence Prep in 2022. If you have a child eligible for Prep in 2022 visit the school website www.staroftheseagladstone.qld.edu.au (Enrolments) and complete an Online Application.

All current families with a child eligible to commence Prep 2022 are required to complete and online application form. Thank you.

From our APRE

Congratulations to Marsden who won our annual Swimming Carnival last week. Congratulations also to Breslin on winning the Spirt Award. Congratulations to all participants – I saw some students, who were not swimming this year still participating by cheering their team mates along and having a great time. I was in the marshalling tent all day and I love the conversations I get to have with all competitors as well as listening to students giving each other tips and encouragement to get in and do their best. There were plenty of nerves and uncertainty, but with courage and bravery they did it and the smiles on their faces showed that they were proud of what they had accomplished.

This year I take on an extra role within the school – that of implementing a focus on Wellbeing and Positive Behaviours. I am looking forward to visiting all classes throughout the year to teach lessons and encourage wellbeing. I encourage everyone to take some time out for themselves to ensure a healthy mind.

Using the Healthy Mind Platter is one way of trying to stay on top of things.

<https://www.contemporarypsychology.com.au/healthy-mind-platter/>



I came across this easy to read article by Dr Jodi Richardson which gives some Wellbeing tips for Primary School Children and thought it might be useful.

<http://www.mdpstwb.catholic.edu.au/documents/JodiRichardsonInsightMentalHealthTipsPrimary.pdf>

PRAYER FOR MENTAL HEALTH

Jesus, you invite us all into the fullness of life. May we support one another to flourish in body, mind and spirit.

Strengthen our commitment to ensure that nobody falls through gaps in our systems of care.

People called you mad. Help us to recognise you in those who suffer mental ill-health today. Show us how to eliminate stigmatisation of mental ill-health from our parishes, schools, communities and organisations. You drew near to those who were suffering in body or mind.

May we too feel your nearness when we struggle with mental health challenges. May we be one as members of Your Body.

You invite us to share in your ministry of love and true compassion. May we be empowered by your Spirit to reach out to all people in need. May we build communities of welcome and inclusion.

Amen

MJR MESSAGE OF THE WEEK

G.T.S. – the way we **greet, treat and speak** to people can make a **HUGE** difference in your day. A simple hello, with a smile can be the catalyst to make someone else smile too.



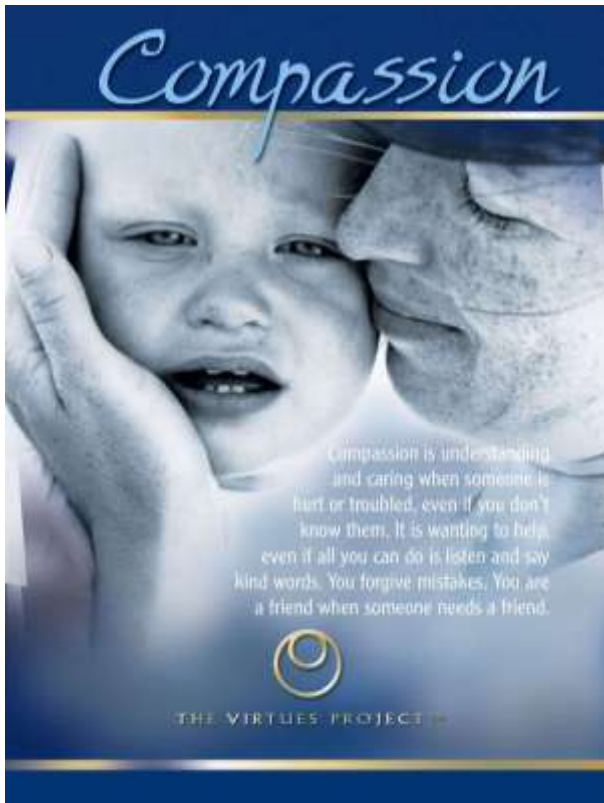
if you see
SOMEONE WITHOUT A
smile, **GIVE THEM**
one of yours



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WEEKLY WONDERING

**I wonder who you show
compassion to?**



Have a wonderful week,

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

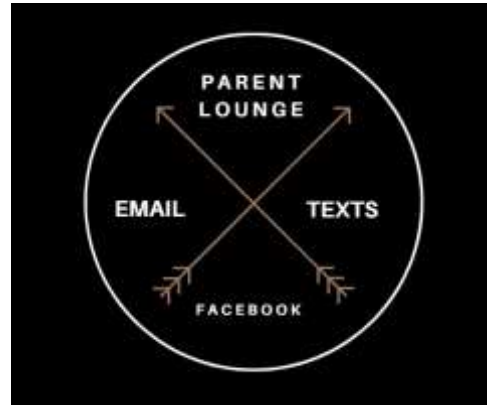
SACRAMENTAL INFORMATION

Our Lady Star of the Sea Parish will open enrolments for the Sacraments of Confirmation and First Holy Communion between 23 February and 12 March 2021.

To be eligible, candidates must be in Year 4 or higher, Baptised Catholic and have already made their Sacrament of Reconciliation.

Enrolment forms will be available at the Parish Office, and through the Catholic schools.

CURRICULUM NEWS



Friday's Swimming Carnival was another awesome school event. Thank you to our parents for volunteering to help. Thank you to Vicki Blake, Erin Moynihan and all other staff members for doing their part to make it run smoothly. It was great to see so many children trying their hardest and challenging themselves. Congratulations again to the Parents for winning the annual Parent / Teacher / Student relay race!

This year at Star of the Sea we are continuing to commit to reducing our paper use. In order to do this, we will be relying heavily on email, text messages, Facebook updates and the **newsletter** as our main forms of communication. When an event needs to be organised, we will also be using either Google Forms or **Parent Lounge** to collect all the information we need from you.

Please ensure you save your Parent Lounge password and fill in any required forms by the due dates. I am a parent and I understand just how hard it is to keep on top of all the requirements for my two children. By reducing paper, we will increase your reliance on technology which can feel overwhelming. We do understand this but if you commit to adhering to due dates, reminders will not need to be sent which will help to reduce your inbox.

Have a good week everyone.

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

Star of the Sea School Board Information Evening



Have you ever wondered about what our School Board does or why it exists?

We would love you to join us next Tuesday 16 February at 5:30pm in the Staffroom.

This is just an information evening with no expectations for membership.

LIFE EDUCATION VISIT



Life Education and Healthy Harold the Giraffe is visiting our school this week. Their mission is to promote student's physical, social and emotional health and wellbeing and to empower children with the knowledge, skills and attitudes they need to make informed decisions about their health

Lessons are aligned with the Australian Curriculum and form part of the school's Health Program with follow up in class.

Cost to parents is \$6 per child which will be included in this term's school fees.

To learn more about the Life Education program and what your children are learning in the program at school please visit...

<http://www.lifeeducation.org.au/parents/modules>



CLASS PARENT INFORMATION SESSIONS



We invite you to attend our 2021 Parent Information Sessions which will give you the opportunity to meet your child's class teacher and hear a few key messages for the year.

Year 2 - Wed 10th February @ 5:30pm

Year 4 - Thurs 11th February @ 3:15pm

Please find the appropriate session information above for your child's class/es and select the appropriate date/time to register your attendance via the following link:

<https://www.eventbrite.com.au/e/2021-parent-information-sessions-tickets-138417379107>

Unfortunately, due to Covid restrictions, there are some limitations on these sessions:

- Only one adult per family may attend
- Attendees must register their attendance
- Attendees must be well and not be displaying Covid symptoms
- Physical distancing of 1.5m must be maintained between adults
- It is preferable that students do not attend but, if they must, they must stay with you during the presentation please. Please email your teacher to indicate numbers of children as these need to be included in our overall tally.

Please feel free to contact us with any questions.

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.

NO School Banking this week

Deposit books will be returned to students this week.



Enrolments for Star of the Sea Outside School

Enrolments for Star of the Sea Outside School Hours Care for 2021 are now being taken.

If you would like your child to attend before school care, after school care or vacation care in 2021, please complete both an enrolment form and a direct debit form.

These forms are available online, on the Star of the Sea school website. Completed forms are to be handed into OSHC or emailed to sosg_oshc@rok.catholic.edu.au with **2021 ENROLMENT** in the subject heading.

Operating times and costs as follows:


These costs reduce if entitled to childcare subsidy.

BSC:	6am - 8.15am	\$19 pp
ASC:	3pm - 6pm	\$24 pp
VC:	7am - 6pm	\$54pp

For more information, please contact the Coordinator on 0417 614 316.

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



The Cathedral Restoration Fund Committee thanks you for your support

Swimming Carnival Results

Congratulations Marsden!

Age Champions

9 Years and Under Girls

1st	Myeisha M	Breslin
2nd	Mackenzie J	Murlay
3rd	Evie H	Breslin

9 Years and Under Boys

1st	Bon A	Murlay
2nd	Hudson S	Marsden
3rd	Harrison C	Marsden

10 Years Girls

1st	Celeste C	Marsden
2nd	Sienna D	Murlay
3rd	Olivia G	Marsden

10 Years Boys

1st	Blake A	Murlay
2nd	Preston K	Marsden
3rd	Chayse M	Breslin

11 Years Girls

1st	Grace W	Marsden
2nd	Molly M	Marsden
3rd	Hayley O	Murlay

11 Years Boys

1st	Dax A	Murlay
2nd	Connor A	Murlay
3rd	Rhys H	Breslin

Open Girls

1st	Annabel C	Marsden
2nd	Hannah B	Breslin
3rd	Madison V	Marsden

Open Boys

1st	Jack V	Marsden
2nd	Dylan V	Marsden
3rd	Jake B	Breslin

Results

1 st	Marsden	405
2 nd	Murlay	336
3 rd	Breslin	334

House Spirit Points

1 st	Breslin	181
2 nd	Marsden & Murlay	336



**** TERM 1 SCHOOL FEES ****

Good Afternoon Parents ☺

Fees were sent out yesterday via email. If you haven't yet received your fees, please contact the office. (Please also check your junk email in case the fees were directed there. School fees are sent from the sosg_finance@rok.catholic.edu.au email address).

FEES FOR T1 ARE DUE FRIDAY, 5th MARCH

Did you know?

- You can obtain copies of your fee statement by logging onto the Parent Lounge.
- You can also make payments through Parent Lounge. Once you've logged in to Parent Lounge, click on "Accounts & Payments" and select "School Fees Account". From there you can follow the links to Make a Payment.

(NB: All new families should have received their Parent Lounge login details. If you haven't received yours, please contact the office).

If you currently hold a Centrelink Health Care or Concession Card, you may be eligible for a discount on your school fees. If you have such a card and not currently receiving the discount on your fees, please contact the office to confirm if your card is eligible.

If you have not received your fees, or feel that you will not be able to pay your fees by the due date, please contact the office on 49721305 or sosg_finance@rok.catholic.edu.au.

Thank you ☺
Kaddie Dawe – Finance Officer

PLEASE HELP US FIND SOME MORE OUTSIDE HOURS CARE ASSISTANTS FOR OUR AWESOME OSHC TEAM

Go to <https://www.rok.catholic.edu.au/casual-educational-assistants-outside-school-hours-care-sos-gladstone/> for information about the role or email or phone the school with any queries.

WHERE THE DIFFERENCE IS YOU

Outside School Hours Care Assistants
Star of the Sea Catholic Primary School
Gladstone

Applications are now invited from qualified educators for the casual position of OSHC Assistants with an immediate commencement.

Visit our website and apply today!

www.rok.catholic.edu.au

Catholic Education is committed to best practice in student protection policies and procedures.



What are the symptoms?



Fever



Cough



Fatigue



Sore throat



Shortness of breath

