



Wednesday 6th October 2021
Week One Term Four

Dear Families

Welcome back to Term Four. It is great to see everyone back ready for another term of learning and achievement. This is always one of my favourite times of the year but it can bring its fair share of stresses as we race to the end. There is a lot to fit into nine busy weeks so please keep an eye on the term planner and pencil into your calendar the events you don't want to miss.

I was really struck at the end of the last busy term by a couple of people who had faithfully been caring for their health. I noticed that, as well as the physical benefits of their efforts, their mental health was flourishing also. They were the ones managing to keep a positive outlook amidst the demands of the last couple of weeks.

We often think that the best way of caring for our wellbeing and mental health is to give ourselves the occasional treat. While this can be a great idea, your wellbeing will be best cared for by an intentional plan where you regularly do things that are good for you. Planning for exercise, earlier bed times, prayer or meditation time, healthy eating, time with friends, family or time alone, engaging in a hobby you enjoy, appreciating nature etc. is a great way to ensure you are prepared for when the moments of stress hit you. Now is the perfect time to commit to at least one regular way of caring for your wellbeing.

PLENARY COUNCIL

This week begins an historical event with the beginning of the Australian Plenary Council. This is a rare event that the whole world is watching. It is different from other gatherings that take place within the Church. It required the permission of the Pope to take place but has a governance power of its own. It is the culmination of a number of years of trying to listen to the current needs of the Australian Church. Please keep this historical event in your prayers.

NEXT WEEK'S CAULFIELD EVENT

Our Caulfield Event takes place at the end of next week and the team are grateful for the support they have received from our community but there are just a couple of things they still need:

- Volunteers to **help with set up during the day on Friday**. Please let us know if you are able to help for as short or long as possible. Set up will begin from 9am onwards.
- We also need assistance during the day with some small cleaning jobs etc.

Please let us know if you can help with any of these requests. **Don't forget to send in your 50/50 tickets also please.** We will continue to sell the tickets through the office and on the day of the event. The prize pool is now over \$10 000 so make sure you get your ticket!

God bless you and Live Jesus in Your Hearts Forever!

Jennett Mullane

Principal

jennett_omullane@rok.catholic.edu.au



STAR OF THE SEA
CATHOLIC PRIMARY SCHOOL GLADSTONE

PARENTS & FRIENDS ASSOCIATION

50/50 RAFFLE

One Winner – Cash Prize:

Prize is now over \$10 000.

Drawn 18th October at our Caulfield event.

Winner attendance not required at the draw.

Tickets available at the school office or by contacting the Caulfield Team.

Please return any unsold tickets this week.



From our APRE

Welcome back to our final term for 2021. Once again time is flying by and we are now preparing for our end of year events.

This term is looking like it will be another very busy one for everyone involved.

Our aim for Term Four is to remember to be grateful and have an attitude of gratitude, while practising the virtue of Determination.

The Australian Plenary Council began its meeting on Sunday and will continue to meet for the remainder of this week. The dominant theme in the preparations for this Council has been: "listen to what the Spirit is saying to the Church in Australia. We pray for the success of this Plenary Council, and that all its delegates will faithfully listen to the voice of the Holy Spirit.

<https://plenarycouncil.catholic.org.au/assembly-1/>

Plenary Council Prayer

*Come, Holy Spirit of Pentecost.
Come, Holy Spirit of the great South Land.*

*O God, bless and unite all your people in Australia
and guide us on the pilgrim way of the Plenary Council.*

*Give us the grace to see your face in one another
and to recognise Jesus, our companion on the road.*

*Give us the courage to tell our stories
and to speak boldly of your truth.*

*Give us ears to listen humbly to each other
and a discerning heart to hear what you are saying.*

*Lead your Church into a hope-filled future,
that we may live the joy of the Gospel.*

*Through Jesus Christ our Lord,
bread for the journey from age to age.*

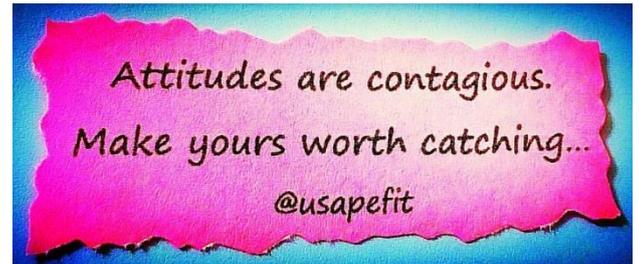
Amen.

*Our Lady Help of Christians, pray for us.
St Mary MacKillop, pray for us.*



MJR MESSAGE OF THE WEEK

Attitudes are Contagious – is yours worth catching?



WEEKLY WONDERING

I wonder about the blessings of God's kingdom?

You are practicing

Understanding

when you...

- Concentrate and pay close attention
- Reflect on the meaning of things
- See the whole picture
- Resist distractions
- Put yourself in other people's shoes
- Forgive others and yourself when you make mistakes

Affirmation

I have an understanding mind. I see the truth about things. I have an understanding heart. I have empathy for other people's feelings.

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"Take the time to see the whole picture."



Believe in yourself and have a wonderful week.

Kellie Richardson
Assistant Principal: Religious Education

Liturgies and Assemblies



WEEK 1

Year 5 invite you to their Assembly presentation to be held on **Friday 8th October** at **8.35am** on the Covered Courts Area.

WEEK 3

Year 4 invite you to Mass to be held in the Church on **Friday 22nd October at 9am**.

Year 6 invite you to their Drama presentation on **Friday 22nd October at 8.35am** on the Covered Courts Area.

WEEK 4

Year 5 will be attending the Parish Mass in the Church on **Friday 29th October at 9am**.

WEEK 5

Year 3A invite you to their **MJR Message** to be presented on assembly on **Friday 5th November at 8:35am**.

WEEK 6

Prep invite you to their assembly presentation on **Monday 8th November at 8.35am** on the Covered Courts Area.

Year 3 invite you to their assembly presentation on **Friday 12th November at 8.35am** on the Covered Courts Area.

WEEK 7

Year 6B invite you to their **MJR Message** to be presented on assembly on **Friday 19th November at 8:35am**.

WEEK 8

Year 6 invite you to their assembly presentation on **Thursday 25th November at 8:35am** on the Covered Courts Area.

Everyone is invited to our Christmas Concert to be held in the carpark area on Friday 26th November – starting at 6pm.

WEEK 9

Year 6 Graduation Liturgy and Dinner will be held on **Monday 29th November** – details to be advised.

Star of the Sea End of Year Mass to be held on **Friday 3rd December** on the Covered Courts Area – time to be advised.

IN OUR PRAYERS

- **We pray for all of us in this month of the Missions:** May we respond generously to God's call to live missionary lives that spread God's joy, love and generosity to all we meet.
- **We pray for all those who have died:** May God grant them the peace and joy and hope of the resurrection.
- **We pray for those who struggle in life** because of mental health, poverty, sickness or persecution: May they find hope, healing and comfort and people who bring them consolation.
- **We pray for all those affected by the COVID pandemic** and its associated effects, especially those enduring prolonged lockdowns and those caring for the most vulnerable: May they find hope and strength in all they do.
- **We pray for all who have died, including Fr Karl Emerick** (brother to past Principal, Mr Jamie Emerick, and brother in law to our Prep Teacher, Mrs Brenda Emerick): May they experience the peace and joy of Heaven.

SOSG WEEKLY MINUTE

In an effort to find ways to stay in touch with our Parent Community we are introducing the 'SOS Weekly Minute' video which is just another way of helping you connect with our core messages. The link to the video will be on our [Parent Page](#) which can also be found via our website. Let us know if you have any particular topics you would like featured.



CURRICULUM NEWS



Welcome back to the final term of the year. Although Term Four is the busiest, it is the best. I hope you all had a good holiday and your children are ready to power through the next nine weeks of learning and fun.

I am a parent of two wonderful children and every day I am reminded that being a parent is challenging. If like me, you are finding being a parent difficult at times, then you might be interested in Centrecare CQ's Parenting Course.

Parenting is a lot like chemistry! It can often feel like a series of trial and error experiments – discovering what elements to combine for success and how to avoid those that lead to an.... Explosion!!!

Counsellor Campbell Trotter has over 35 years training and experience in family counselling and is offering a three-part series called: [Parenting the Great Experiment](#) Workshop on Wednesday 13th, 20th and 27th of October from 6:30pm – 8:30pm @ Centacare CQ, 38 Herbert Street Gladstone.

Have a good week everyone.

Anthony King
Assistant Principal: Curriculum

BOOK CLUB

Your child will bring home the Issue 7 brochure for Scholastic Book Club this week.

Book Club orders are to be placed via LOOP please (see 'How to Pay' inside the back cover of the brochure for instructions). **Ordering will close on the evening of Thursday 21st October.** This will be our final Book Club order for the year.

Student Absences



If your child is not attending school, you can call us, 24/7, to leave a message to report their absence. The **Student Absentee phone number is 4994 8301.**

This designated phone line gives you the opportunity to call the school at a time that is convenient to you.

As always, absences can be reported using Parent Lounge or by emailing your child's teacher (with a cc to SOSG_Absentee@rok.catholic.edu.au).



MEN'S WEEKEND—October 16 –17 St Patrick's Church, Calliope

An opportunity for men to explore what makes you feel fully alive as a man. Discover a new sense of purpose and mission in your marriage, family and community. Organised by men from the Gladstone community and suitable for men of all ages. \$50 for two days. Good food and company assured. Bring a mate. Saturday 8:30am-8:30pm; Sunday 8:30-1:30

Registration options:

- 1) Deposit into parish account:
Account name: Star of the Sea Parish—
BSB: 034-210 Account no: 410249—
Reference: your name
 - 2) Payment also accepted at the Parish Office by cash or credit/debit card. Ph 4972 1025.
- Inquiries:** Josh Ariens 0408 443 419;
Tim Connolly 0418 380 536 or Michael Forbes.





Build Your Tomorrow. *Today!*

Young Engineers provides practical application of STEM. We aim to ignite students' passion for Science, Technology, Engineering & Mathematics through hands-on workshops. Weekly sessions demonstrate scientific and coding concepts using LEGO® prototypes.

STEM CENTRAL GLADSTONE MARINA

SEVERAL DAYS AVAILABLE TERM 4 WEEKS 2-10 (11th OCTOBER - 10th DECEMBER 2021)

Eligibility	Program Name	Time	Fees	Book online at
Yr 1 - Yr 2	Bricks Challenge	3:40pm to 4:55pm	\$180	www.trybooking.com/BUAWK
Yr 3 - Yr 6	Robo Bricks	3:40pm to 4:55pm	\$180	

REGISTER NOW!! We have 3 classes for you to choose from: ONE class for younger children, and TWO options for older children. Follow link or QR Code to find out more.

NEW All NEW activities for Term 4 @ Leo Zussino Building CQU.

Bricks Challenge enriches your child's world with Science, Technology, Engineering and Mathematics (STEM) to make sure they are ready for the 21st century.

Robo Bricks Program provides theoretical knowledge in software and mechanical engineering combined with mathematics and physics.

For more information, please call 0424 985 172

cq@young-engineers.com.au
<https://cq.young-engineers.com.au>
<https://www.facebook.com/yecentralqld/>





amy prest
cosmetic tattoo artist

admin@arcbrowtattoo.com.au
www.arcbrowtattoo.com.au
0447 276 103

ARC
BROW
TATTOO

A circular logo with a white border and a black background. The text "OUR TINY EMPORIUM" is in white, with "OUR TINY" in a smaller font above "EMPORIUM". Two white arrows point outwards from the circle. Below the circle, the text "27 South Street, Gladstone" and "Gifts, Crystal, Incense, too much to mention" is written in white, followed by "22 local businesses under the one roof".

A logo with a stylized "F" and "Σ" symbol to the left of the text "FROST ENGINEERS".

Civil • Electrical • Mechanical • Structural
Professional Engineering Services
Design, Drafting & Project Management

18 Yarron Street
Gladstone Qld 4680

T: 07 4972 3577
E: admin@frostengineers.com.au
W: frostengineers.com.au

A red rectangular logo with the text "GLADSTONE SPORTSPOWER" in white and blue, and "YOUR LOCAL EXPERTS" in white below it.

A logo featuring a green and yellow diamond shape with a banner across the middle. The banner contains the text "CALLIOPE QUALITY MEATS". Above the banner are silhouettes of a cow, a pig, a chicken, and a sheep, with a knife and a cleaver crossed in the center.

A logo with a green and blue circular icon containing a white figure of a person jumping. Below the icon is the text "physio & fitness" in green and blue, and "the sports & workplace injury centre" in smaller black text.

36 Glenfern Street, Gladstone Qld 4680
Phone: 07 4972 5284 / Fax: 07 4972 0947
www.physioandfitness.com.au

A logo with a dark blue background and a gold border. The text "EST. 1992" is at the top, "STU'S STYLES" is in large white letters, and "FOR MEN" is in smaller white letters below it. A gold mustache icon is at the bottom.

A logo with a purple and pink floral background. The text "Scrapbook FANTASIES" is in white, with "FANTASIES" in a smaller font. Below it is the text "Scrapbooking, Art & Cardmaking Classes & Supplies", "Kids Classes - School Project Supplies", "Handmade Gifts & Greeting Cards", and "DIY Invitation Supplies".

Shop 1/111 Tooloosa Street, Gladstone Qld 4680
Phone: (07) 4972 2117
Email: admin@scrapbookfantasies.com.au

www.scrapbookfantasies.com.au