



**Tuesday 12<sup>th</sup> October 2021**  
**Week Two Term Four**

Dear Families

I thought this week I would share one of my favourite stories. It speaks to me about finding happiness in each moment of the day.

*"Excuse me," said one ocean fish to another, "you are older and more experienced than I, and will probably be able to help me. Tell me: where can I find this thing they call the ocean? I've been searching for it everywhere to no avail."*

*"The ocean," said the older fish, "is what you are swimming in now."*

*"Oh this? But this is only water. What I'm searching for is the ocean," said the young fish, feeling quite disappointed as he swam away to search elsewhere.*

We can often be like that little fish, swimming around looking for a magical place where we will discover holiness and peace. In fact, we are swimming in a holy, graced world every day! I read an article by Tony Doherty that explains being 'holy' really calls us to being 'whole'. He offers a list of 11 steps that will assist us to achieve holiness...or perhaps 'wholeness'.

- **Be gentle with all living things**
- **Work at appreciating yourself**
- **Be an owner not a blamer**
- **Look at each person as someone who makes sense**
- **Don't allow others' limits to restrict you**
- **Be both optimistic and balanced**
- **Work at listening better**
- **Pray**
- **Practice two-way forgiveness**
- **Take physical exercise every day**
- **Read the gospels regularly**

Each of these practices can be valuable in fighting against a world that constantly tells us not to be satisfied and to keep striving to look better, own more, be more popular etc.

Somehow, we need to show our children a way to find peace in the moment, even while they still journey to being the best version of themselves.

***You are the Goal...***

***You don't have to continually improve yourself to love yourself. Love is not something you only deserve if you reach a goal. The world is full of pressure but don't let it squeeze your self-compassion. You were born worthy of love, and you remain worthy of love. Be kind to yourself.***

Matt Haig – The Comfort Book

**Don't forget to send in your 50/50 tickets please.** We will continue to sell the tickets through the office and on the day of the event. The prize pool is growing well beyond last week's \$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](mailto: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 18<sup>th</sup> 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.

\$20  
Per ticket

## 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.

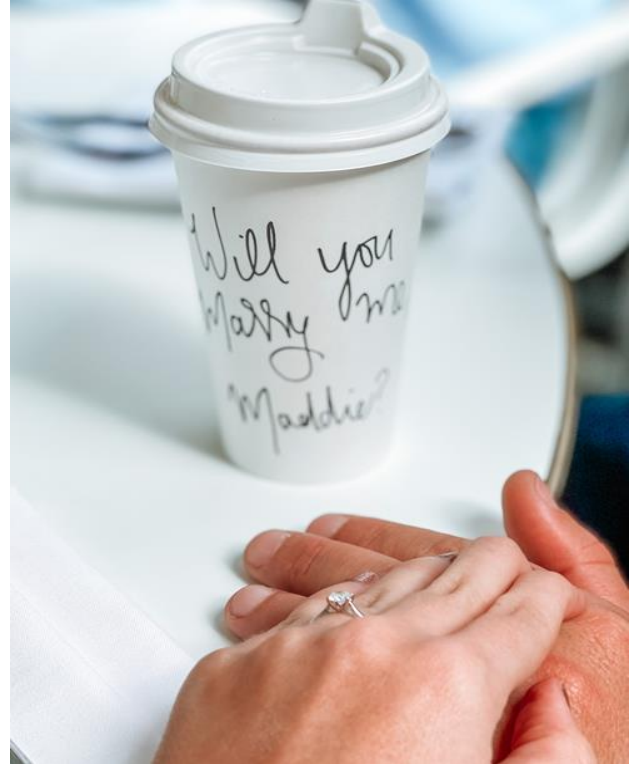
## SOSG WEEKLY MINUTE

*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.*



## CONGRATULATIONS

A very special congratulations to our Year 2 teacher, Miss Maddie Tully, who became engaged over the holidays. We offer Maddie and her fiancé, Matt, our heartfelt congratulations and prayers as they start this new chapter together.



### 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.

**From our APRE**

October is Mission Month and at Star of the Sea we continue to generously support the Catholic Mission Charity.

Catholic Mission works with communities around the world bringing fullness of life to all people through a variety of projects. A core part of the the work of Catholic Mission is the development and sustenance of children in some of the poorest countries of the world.

Once again this year we will hold our Crazy Sock Day to help boost funds for this worthy cause.

## **Socktober**

### **Monday 18<sup>th</sup> October**

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



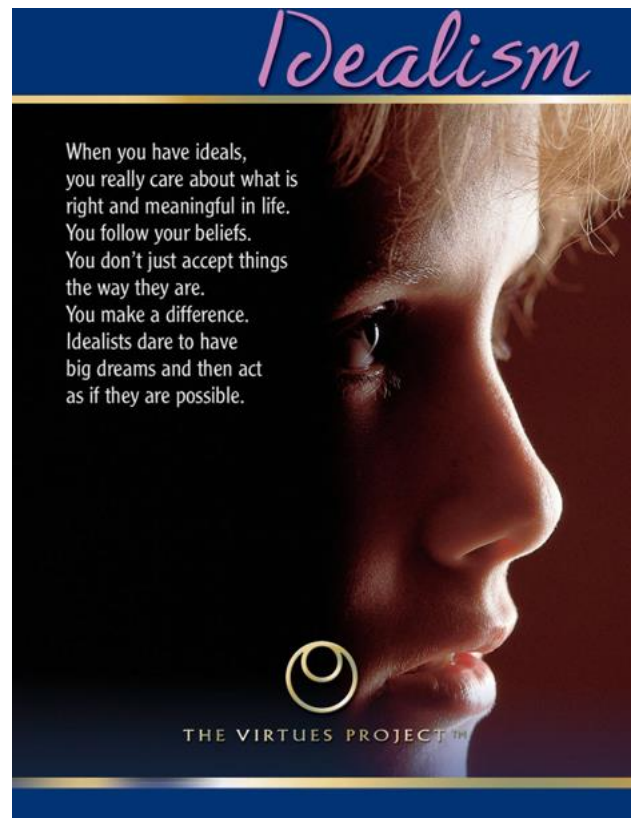
#### **MJR MESSAGE OF THE WEEK**

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



### **WEEKLY WONDERING**

**I wonder if I have ‘things’ other people could use?**



**"Take action to make your dreams come true. Make a difference in the world."**



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

**Kellie Richardson  
Assistant Principal: Religious Education**

## Liturgies and Assemblies



### WEEK 3

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

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

### WEEK 4

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

### WEEK 5

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

### WEEK 6

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

**Year 3** invite you to their assembly presentation on **Friday 12<sup>th</sup> 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 19<sup>th</sup> November at 8:35am.**

### WEEK 8

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

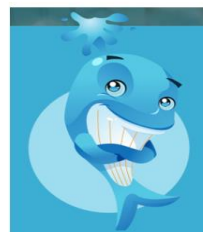
**Everyone is invited to our Christmas Concert to be held in the carpark area on Friday 26<sup>th</sup> November – starting at 6pm.**

### WEEK 9

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

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

## CURRICULUM NEWS



## SWIMMING LESSONS 2021

Our Swimming Lessons are a little different this year so please have a look at the dates and times that your children will be involved.

### Year 1 - 10:00am

Wed 3/11, Thurs 4/11  
Tues 9/11, Wed 10/11 Thurs 11/11

### Year 2 - 10:45am

Wed 3/11, Thurs 4/11  
Tues 9/11, Wed 10/11 Thurs 11/11

### Monday 15<sup>th</sup> to Friday 19<sup>th</sup> November

Year 6: 9:15am  
Year 5: 10:00am  
Year 4: 10:45am  
Year 3: 11:30am

The cost of swimming lessons will be added to your Term Four school fees. A link will be sent out for you all to register your child via email.

If you are able to walk with your child to and from the pool, please let your classroom teacher know the days you can help.

We really appreciate your assistance in helping us to get our groups ready for swimming lessons.

Have a good week everyone.

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

## BOOK CLUB – ISSUE 7

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 21<sup>st</sup> October.** This will be our final Book Club order for the year.



YOU ARE WARMLY INVITED TO ATTEND AN ONLINE WEBINAR  
WITH ANDREW FULLER. THIS IS A FREE EVENT SPONSORED BY CSPQ.

## **Webinar 2: Identifying & Building Your Child's Learning Strengths**



Catholic School Parents Queensland invite all Catholic School Parents and Carers, Principals and School staff to attend a free online evening webinar with Andrew Fuller.

**Tuesday 19 October 7-8pm on Zoom.**

*Please note this webinar will be live and not able to be recorded.*

Andrew is a Clinical Psychologist, Family Therapist, Author, Speaker and Creator of 'Learning Strengths'

This webinar is to support our children's learning and wellbeing. Topics suitable for all ages Prep to Yr 12 and will include; **Increasing engagement & motivation, Learning strengths, Neuroscience of young adult's learning**

*Limited registrations.*

*In consideration, please only register if you intend to join the webinar.*

Click on the link below to view our event website and register.

When you register, a zoom link for the webinar will be emailed to your registered email.

Share the below link on facebook.

**<https://www.eventcreate.com/e/andrewfuller19oct>**

Andrew's talks are always fun and informative.

**Questions can be submitted through the live chat during the webinar.**

We look forward to you joining us from home or join us as a group at your school.

For enquiries contact Catholic School Parents Queensland [info@cspq.catholic.edu.au](mailto:info@cspq.catholic.edu.au)  
or phone us on 3905 9730



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