



School Newsletter

Term 4 Issue 6

18th November 2015

St Mary Star of the Sea School Board

Fr Mariusz Adamczyk	Ex-Officio	Karen Gilbert	Treasurer
Steve O'Halloran	Ex-Officio	Di Ramirez	Secretary
John Nuttall	Chairperson		Vice Chair
Max March	Member	John Nuttall	P&F Rep
Robyn Bumbak	Member	Marie Gane	Member
Sue Jordan	Member		Parish Rep

FROM THE PRINCIPAL'S DESK

Prayer

Lord our God, we come to you in community of faith and trust, in expectation that you will act. May our hearts be strengthened in all the pain and in all the conflicts of our world. Reveal your will, Almighty God, and protect those you have appointed as our leaders and rulers. Let your will be made plain to them. O Lord God, help your people in these times and give them strength to wait expectantly for what is good, to live and serve in this expectation. Grant your help to all who strive for this. We can all tell of the help that comes from you, for you always support us with your power, also in hard times. Amen.

IMPORTANT DATES TO REMEMBER

Monday 16th to Friday 20th November	Founders Week
Wednesday 18th November	Swimming Carnival Yr 3 to Yr10
Thursday 19th November	St Marys Annual General Meeting - 6pm
Sunday 22nd November	Founders Day Mass 1.45pm
Monday 23rd November	Reconciliation
Thursday 26th November	Reconciliation Thanksgiving Mass 10am
Friday 27th November	Year 9 and 10 exams commence
Sunday 29th November	Advent Liturgy 2pm - Led by Kindy
Monday 30th November	Pupil Free Day
Thursday 3rd December	MS1 and MS2 Homeroom Mass 10am
Friday 4th December	Orientation Day Year 7
Monday 7th December	Advent Liturgy 2pm Led by Pre Primary
Tuesday 8th December	Year 6 Rite of Passage
Wednesday 9th December	Interschool Carnival Year 1 to Year 6
Thursday 10th December	Awards Assemblies - Middle School 1.30pm & Primary School 2.30pm
Wednesday 3rd February	Year 10 Graduation Mass 6pm then Dinner
	Advent Liturgy 10.30am led by Year One
	Thank You Morning Tea 10.50am
	Presentation Night - Full dress rehearsal
	End of Year Mass
	Presentation Night
	Last day of school
	First day of school 2016

Dear Parents, Teachers and Friends,
 Parents have always been reliable sources of advice to their children. For example, here is a piece of mother to daughter advice: "Cook a man a fish and you feed him for a day. Teach a man to fish and you get rid of him for the whole weekend!" Child psychologists have, likewise, been a reliable source of advice to parents and their current advice is: "Make sure your children have adequate sleep every night". The reason for this advice is that children's behaviour, performance and mood are impaired by lack of sleep. Some of the symptoms of sleep deprivation in children include moodiness and irritability, temper tantrums, the tendency to emotionally "explode" at the slightest provocation, over-activity and hyperactive behaviour, grogginess when they wake up in the morning, reluctance to get out of bed in the morning. *Newcastle Sleep Disorders Centre.*

Sleep loss can cause a range of schooling problems including naughtiness, poor concentration, under performance leading to poor academic results. In teenagers, sleep deprivation can lead to problems with impulse control, which leads to risk-taking behaviours, and increased risk of depression. Surprisingly, sleep deprivation affects adults and children differently; adults tend to become drowsy, whereas, children tend to “rev-up”.

So, what advice is there for parents to assist good sleeping habits for our children? Well firstly, there is the usual piece of advice: be a role model. Model the importance of sleep, rest and relaxation; maybe model reading before bedtime as a means to relax. No drinks that contain caffeine or food or drinks that contain lots of sugar especially late in the day. Make sleep a number one priority and monitor the effects that multiple after school activities and jobs have on the amount of sleep time that children have available.

Of course, grandparents might have some advice to offer such as, “Early to bed, early to rise enables you to be healthy, wealthy and wise”. *Author unknown.*

FIRST RECONCILIATION

Tomorrow evening a number of St Mary’s School students will be receiving the Sacrament of Reconciliation for the first time. This is an important milestone in the faith lives of these children and we wish them all the very best for this important time for the students and their families.

FOUNDERS’ MASS

There will be Founders’ Mass tomorrow beginning at 2:00pm in the school hall. All are welcome to come and join us for this liturgy.

YEAR 9 AND 10 EXAMS’

Next Week the Year 9 and 10 students will be completing their second semester exams. We’re sure they will give a good account of their learnings in this second half of the year.

SCHOOL BOARD AND P & F AGM

This evening beginning at 6:00 pm the School Board and P & F will be holding their annual AGMs in the school hall. All community members are encouraged to attend.

PUPIL FREE DAY

Friday 27th November is a pupil free staff professional development day. There is no school for students on this day.

HEAD OF PRIMARY VISIT

Mr Andrew Gammon, Head of Primary from 2016, will be visiting St Mary’s from Wednesday 25th to Friday 27th November. Mr Gammon will be meeting with students, staff and some parents during his visit.

STAFF LEAVING

Miss Bianca Cuticone will be leaving St Mary’s at the end of the year and take up a teaching position at Good Shepherd Catholic Primary School. We wish Miss C all the best as she begins the next chapter in her professional career and thank her for her excellent time and commitment to St Mary’s School.

God Bless



Mr Steve O’Halloran
Principal

St Mary Star of the Sea Catholic School—Carnarvon
is accepting Enrolment Applications for
2016 KINDERGARTEN

And

3 YEAR OLD PRE-KINDERGARTEN

Please contact the school on 9941 1328 for an Enrolment Package or
visit the school website at www.smsc.wa.edu.au

St Mary Star of the Sea Parish

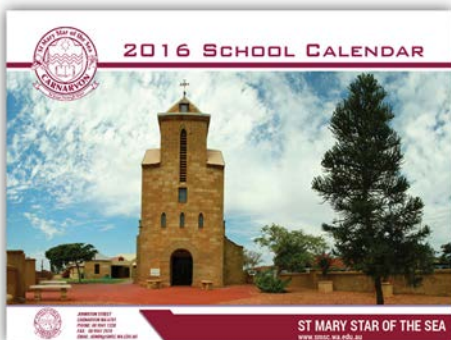
Parish Priest : Fr Mariusz
 Assistant Priest : Fr Chris
 Phone: 99411768



Weekend Mass Times:
 Saturday 7pm
 Sunday 8am & 10am

News from Parish

- Please, mark your calendars - Christmas Musical - will be held on Sunday 6th December at 7 pm and Monday 14th December at 7 pm.
- November is the month of the holy souls. This is our opportunity to pray for the souls of our departed loved ones.
- Robyn Bumbak and the Committee advise that the total raised was \$16740. Sincere thanks go to everyone who in anyway supported the Bazaar. The Bazaar money in total will go directly to our Building Fund Loan



The Year 10 Students are proud to announce that the 2016 School Calendar is now available to preview and order! Secure your copy today by completing an order form and paying at the front office. The calendars feature several images from each class, so they will make great Christmas stocking fillers. All proceeds raised will go towards the purchasing of a new school bus.

The cost of the Calendar is \$20-00 and is available to view at the school office and the JLC.
 Thank you for your support.



April *year 3* **2016**

MON	TUES	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

ST MARY STAR OF THE SEA
 www.stms.sls.qld.edu.au

May *year 4* **2016**

MON	TUES	WED	THU	FRI	SAT	SUN
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

ST MARY STAR OF THE SEA
 www.stms.sls.qld.edu.au

Splash Carnival — Year 1's

The Year 1's & 2's participated in a Splash Carnival after finishing 2 weeks of swimming lessons. We had lots of fun on the day and enjoyed a sausage sizzle for lunch. Thanks Mr Kent for organising a great day for us!



Mary's Muffins News

Carys, Bella and Darron have been having a fantastic time delivering their delicious muffins to members of the Carnarvon community. They would like to thank you for your orders which supports them with practising important kitchen life skills. They would like to inform the public that our last delivery day for the year will be the 4th December. So get your orders in before then :)

Miss Yelash, Mrs Cook, Carys, Bella and Darron.



AG DEPARTMENT "Mary's Muffins" delivery Carys, Karen, Valerie, Bella and Darron.

Uniform Shop News

The Uniform Shop is open every Tuesday and Thursday till the end of term from 3.15pm to 4.15pm.

Come in and see Charmaine or contact the school office on 99411 328 for more details.

To help us with our planning for 2016 please inform the front office if your child/children will not be returning to St Marys next year.

Pupil Free Days and Holidays Term 4 2015

Friday 27th November	Pupil Free Day
Thursday 10th December	Last day for students

Proud to be a
**Waterwise
School**

St Mary's Thank You Morning Tea

When: Wednesday 9th December 2015

Time: 10.50am

Where: St Mary's School Staffroom

RSVP: Kim Faithfull

9941 1328

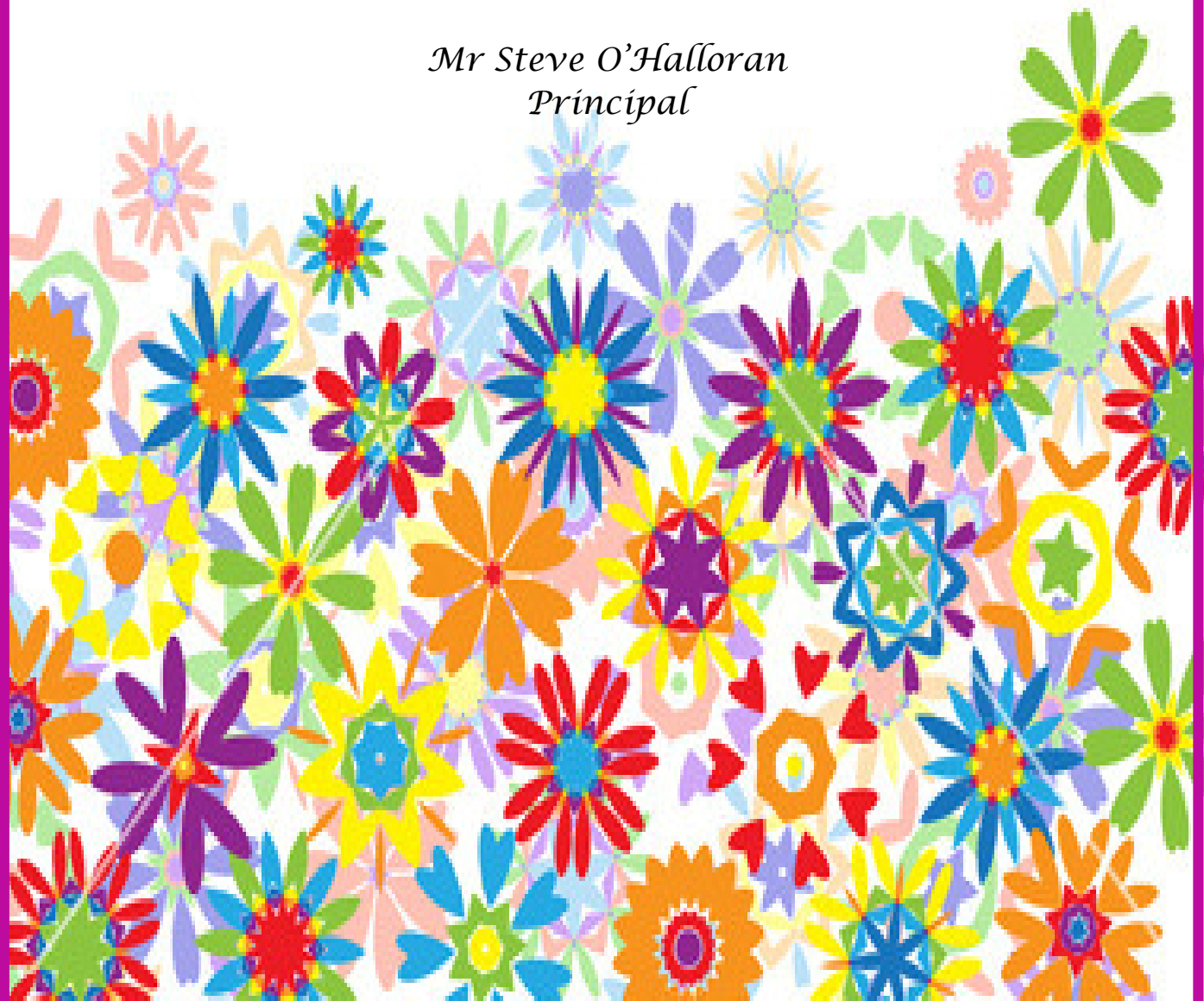
8th December 2015

In recognition of the help and support you have provided to the staff and students of St Mary Star of the Sea Catholic School, we would like to invite you to the annual Thankyou Morning Tea.

Without your support of the many events in the School, it wouldn't have the wonderful community spirit and facilities it has today

We look forward to seeing you there.

*Mr Steve O'Halloran
Principal*



2015 Semester II Year 9 & 10 Exams			
		Start	Venue
Monday 23rd November	Yr 9 Geography	8:40am	MS 3
	1 hr 30 mins		
	Yr 10 English	8:40am	MS 4
	2 hrs		
Tuesday 24th November	Yr 9 English	8:40am	Hall
	2 hrs		
	Yr 10 Science	8:40am	Hall
	2 hrs		
Wednesday 25th November	Yr 9 Science	8:40am	Hall
	2 hrs		
	Yr 10 Maths	8:40am	Hall
	2 hrs		
Thursday 26th November	Yr 9 Maths	8:40am	Hall
	2 hrs		
	Yr 10 Geography	8:40am	Hall
	2 hrs		

All students must be at the school by 8:35am for a prompt 8:40am START

***Bus students must make their way directly to the examination room or hall for the reading time component of their exams. Do NOT delay!**

Thank you.

HORIZON POWER  **Skippers**
EVERYWHERE TRAVEL

RioTinto



CARNARVON COMMUNITY CONCERT
Thursday 19th November
AT THE ONE MILE JETTY
★ FREE ENTRY ★
★ featuring ★
★ PAUL UBAMA JONES ★
★ WITH WILLY DANKE PRODUCTION ★
★ WITH A GASCOYNE FOOD COUNCIL ★
★ GOURMET BBQ ★
Bar from 6.00pm

Gascoyne OFFICE EQUIPMENT

BY GENEKESIS@DEMIANT.ART.COM

VISIT US ON FACEBOOK
CARNARVON COMMUNITY CONCERT

HOME CHRISTMAS LIGHT COMPETITION

Decorate your home from *Monday 30 November* through to *Sunday 20 December* to be in the draw to WIN great prizes!

ENTER TO WIN

1st Prize - \$500
Horizon Power Bill Credit

2nd Prize - \$250
Voucher Pack

Peoples Choice - \$200
Voucher Pack

Registrations close
Wednesday 25 November.



Registration forms are available online at www.carnarvon.wa.gov.au or at the Shire Office on Francis Street, Monday to Friday - 9am to 4.30pm.

Proudly Sponsored by:

HORIZON POWER  **HOME**
TIMBER AND HARDWARE

Shire of Carnarvon

CHRISTMAS FOOD APPEAL

Christmas is a time of added expense! There are the usual costs of rent & utility bills. On top of that families are trying to find extra cash for Christmas treats & gifts. The Shire of Carnarvon are seeking donations for our inaugural Christmas Food Appeal

DONATE NOW

NON PERISHABLE FOOD & CHRISTMAS ITEMS

Drop off points are located at the Shire Office, Public Library, IGA & Woolworths

Between 16th November & 16th December 2015

By donating non-perishable food items, you'll be helping families and individuals enjoy a special Christmas meal. For more information contact the Shire on 99410000.



Proudly Supported by:

CARNARVON Shire of the great life

IGA  **woolworths**
the fresh food people

PUBLIC NOTICE

Pre Cyclone Season Residential Yard Clean Up

Collections will commence on Tuesday 1st December 2015. Industrial areas and caravan parks are not included in this clean up. Items placed on the verge after the collection time will not be removed.

This is NOT a general household clean up

Preparing for the residential yard clean up:

- Tree lopping's are to be stacked separately from other rubbish (no horticulture lopping's)
- Metal items to be separated from other rubbish and tree lopping's
- Keep all rubbish clear of fences, water meters, power poles, vehicles and trailers
- Items must be cut or dismantled into pieces shorter than 2.5m in length
- Identify and separate items that are to remain on the verge as 'DO NOT REMOVE'
- Items placed out that do not meet these criteria will not be removed
- Littering fines may be imposed for material that creates a litter problem such as loose paper, plastic bags, cardboard food containers, clothing etc.

The following items will NOT be removed by the Shire of Carnarvon: White goods (including air conditioners, fridge's, freezers, microwaves) batteries, bricks, building material, chemicals, concrete, dirt/rubble/gravel, food waste, fuel, gas bottles, glass, liquids paints pesticides, tyres, chemical drums, crop material, horticulture lopping's.

Collections will commence on Tuesday 1st December and progress to all areas in the following order:

South Carnarvon
Northwater, Brockman & Morgantown West
East Carnarvon, Kingsford, Greys Plain & Browns Range
Plantations
Morgantown East & Babbage Island

Further Information
For more information visit www.carnarvon.wa.gov.au or phone the Shire Office on 9941 0000

