



School Newsletter

Term 1 Issue 1

10TH February 2016

St Mary Star of the Sea School Board

Fr Mariusz Adamczyk	Ex-Officio	Karen Gilbert	Treasurer
Steve O'Halloran	Ex-Officio	Jim Andreoli	Member
John Nuttall	Chairperson		Vice Chair
Craig Zwetsloot	Member	John Nuttall	P&F Rep
Robyn Bumbak	Member	Marie Gane	Member
Sue Jordan	Member		Parish Rep

FROM THE PRINCIPAL'S DESK

IMPORTANT DATES TO REMEMBER

11th February	Primary School Assembly 2pm
	Middle School Good Standing Activity - 12.30pm
	Middle School Parent Information Evening
15th February	Middle School Assembly - 8.25am
17th to 19th February	Year 7 and 8 Coral Bay Camp
17th February	Board Meeting
18th February	P&F Meeting 7.30pm in the Staffroom

Dear Parents, Teachers and Friends,

Welcome back to school for another year. I trust all had enjoyable breaks and have begun the year with renewed energy and vigour. To all our new families to St Mary's, we welcome you warmly and hope your time at St Mary's is rewarding and you find our school community to be friendly and welcoming.

Last year saw significant growth in learning in all grades, particularly in the learning areas of English and Mathematics. We believe the focus on Explicit Direct Instruction is the reason for this and we are expecting similar growth this year as we build upon the gains made over the past 12 months.

A new initiative we have already begun this year is Mindfulness training for both students and staff. On the two professional development days prior to the students beginning, consultants from Perth trained teachers on Mindfulness exercises that teachers are sharing with their classes. There has been a significant amount of research around the benefit of Mindfulness of late. Black, D. S. & Fernando, R. (2013) found Mindfulness significantly improved student behaviour, classroom participation, self-control and respect for others.

Klatt, M. et al (2013) found Mindfulness significantly improved students hyperactive behaviour and inattentiveness. Kuyken, W. et al (2013) found students depression symptoms decreased, had significantly reduced stress levels and improved well-being.

As well as the above, Mindfulness has also been linked to improved teacher mood.

Many students experience some sort of anxiety or symptoms of depression and if we can equip them with strategies to overcome these stresses they will become happier people with better capacity to learn.

ASH WEDNESDAY MASSES

There are two Ash Wednesday masses for students this week. At 9:00 am the Middle School students will begin their Lenten period with a mass in the church. At 11:00 the Year 2 –Year 6 classes will participate in an Ash Wednesday mass, also in the church. The Junior Learning Centre classes are preparing their own liturgy after which they will receive the ashes from Fr Mariusz.

TEACHER/PARENT MEETINGS

This week there are meetings for both Primary and Middle school parents. On Tuesday evening meetings for all parents of students in Years Pre-Primary to Year 6 are occurring, and on Thursday evening parents and students are expected to attend the Middle School evening beginning at 7:00 in the school hall.

GOOD STANDING ACTIVITY

On Thursday the Middle School students have a Good Standing activity at the local swimming pool. This is to recognize those that have made a good start to the year. Those not attending the Good Standing activity are still expected to attend school for the day.

PRIMARY ASSEMBLY

The first Primary Assembly is being held this Thursday at 2:00 pm. All parents and guardians are welcome to join us at this time.

YEAR 7/8 CORAL BAY CAMP

The Year 7 and 8 grades will be going to Coral Bay on Wednesday 17th February and returning Friday 19th February for a camp. This is an orientation camp for the students and they will participate in activities getting to know each other and their teachers in the unique, Ningaloo Reef environs.

God Bless



Steve O'Halloran
Principal



News from the Bursar

SCHOOL FEES

Please remember to complete your Payment Options form and return it to the school. This indicates your commitment to the school with regards to your fees. Forms will be sent out with accounts to any families who have not returned their form. If you have any queries please call Anna on 99411328.

FEE CONCESSIONS

Holders of Centrelink Health Care and Pension Cards may be eligible to receive Fee Discounts. The card must be current and show the names of the children attending school. The discount can only be given to the person responsible for payment of the school fees. The discounts are available for students from Kindy to Year 10.

Secondary Student Assistance Parents who hold either card and have children in Yrs 7 – 10 may also be eligible for the Education Dept Secondary Student Assistance. Applications for Secondary Assistance close on **Friday 8th April**.

All families claiming fee discounts **MUST** complete new forms for 2016. Please bring your card with you as we are required to sight and copy the card.

Thankyou. Anna Brooks

St Mary Star of the Sea Parish

Parish Priest : Fr Mariusz

Phone: 99411768

Weekend Mass Times:

Saturday 7pm

Sunday 8am & 10am



News from Parish

Parish Priest This year we have only Fr Maurisz for the parishes of Carnarvon and Exmouth. From time to time there will be a visiting Priest to assist. Fr will travel to Exmouth every two weeks after the 10am Sunday Mass usually returning to Carnarvon on the Tuesday.

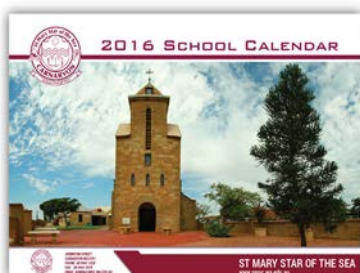
LENT Commencing this Friday 12 February there will be **Stations of the Cross** held each Friday at 7pm followed by Mass.

CAN YOU PLEASE HELP?

Our School is a integral part of the Parish, and we are appealing for help from Parents to commit to the Rosters in the Church. We need names on the Reading Roster, the Power Point Roster and especially the Cleaning Roster. There is a roster sheet on the table at the back of the Church or you can leave your name with Anna Brooks if you are prepared to commit to a Roster. The more names we can have the less times your name comes around. If you can spare just 1 hour with a partner to clean the Church it would be so very much appreciated.

We do all expect the Church to be kept nice but we need people to help do this. Thank you all for considering this request.

Yvonne Fahl, Parish Council Secretary



The 2015 Year 10 Students are proud to announce that the 2016 School Calendar is now available. The calendars feature several images from each class. All proceeds raised will go towards the purchasing of a new school bus.



**THANK
YOU!**

The JLC staff would sincerely like to thank the Van der Plaats family for painting the tyres in the Junior Learning Centre last year. They look awesome !!!

LOST PROPERTY

We have several items of casual clothing possibly left here after swimming lessons or Presentation Night. There is also one bath towel. Please come to the office to collect if your child is missing anything. Any clothing not collect after Friday 19th Feb will be taken to FOCUS.

There is also a collection of hats and jackets on the bench outside the office. A couple of items do not have names. Please ensure you name every article of clothing.

Book Club

Book Club is due to the office on Wednesday 17th February.
No late orders will be accepted.
Thank you

Mrs Tracey Fernihough
Book Club Co-Ordinator

I 
Book Club

St Marys Parents and Friends
will meet next Thursday 18th
February at 7.30pm in the
school staff room.

All welcome to attend



RAMBLERS FOOTBALL CLUB SENIORS AND COLTS PRE-SEASON TRAINING

Pre-Season training will begin this February and March.

Training will start at 5.30 sharp!

Tuesdays training – meet at Pelican Point car park.

Thursdays training – meet at The Carnarvon Hotel, everyone will need runners and \$5 for a cool drink.

Contact:

Ryan 0431716792

Taddy 0429412233



Carnarvon Junior Cricket Council

2015/2016 SEASON - 2nd Half



Welcome everyone to the second half of the season.

Season starts this Friday 5th February.

We can now play Friday nights as the lights have been fixed, so this means NO Saturday Cricket for ANY grade. There will be BBQ & cool drinks on Friday nights along with Big Bash Music. All registered children are entitled to a free sausage sizzle each Friday, all others - a donation is appreciated.

Milo into Cricket

Monday's 5-6pm. Last Game date to be advised.

Under 13's

Game day is Monday nights, starts at 5pm SHARP, so please be at the ground by 4.45pm.

Training is Friday nights, 5-6pm

Under 17's

Game day is Friday nights, starts at 4.45pm SHARP, so please be at the grounds by 4.30pm.

Training is Monday nights 5-6pm.

Parents please note:

- March Long Weekend: there will be normal Friday cricket on the 4th March but no game or training on Monday 7th March—All grades.
- Please be at the ground to pick up your child by no later than 6pm. Please don't be late as someone needs to be at the grounds until all players are picked up for safety reason.
- We need more parent help, especially for the under 13's. Please get involved with your child's sport—no knowledge needed—supervision of these children is essential.
- Your child will need a WATER BOTTLE. No water will be supplied apart from what comes from the tap.

Grand Final's

Final game for Milo into Cricket to be advised.

Under 13's Grand Final is Monday 14th March

Under 17's Grand Final is Friday 18th March

Windup and Trophy presentation for all grades is Friday 18th March after the Under 17's Grand Final with pizza and ice creams.

Any queries please call Max on 0467 908 886

PO Box 1270, CARNARVON WA 6701



Junior Pre-Season and Registration

Pre-Season Commences Tuesday February 9th 2016

Time: 5:15pm-6:00pm Fitness/ 6:00pm-7:00pm Skill Development

Where: Netball Courts @ Festival Grounds

All junior players 11-17 welcome

Please bring a water bottle

Registration:

Junior Registration 1. Tuesday 9th February 2016

Time: 5:15pm- 6:00pm

Where: Netball Courts @ Festival Grounds

Junior Registration 2. Tuesday 26th April 2016

Time: 5:00pm-6:00pm

Where: Netball Courts @ Festival Grounds

For more information please contact Ainslee on 0400206732 or email
ains.evans@hotmail.com

I  **NETBALL**

