



School Newsletter

Term 1 Issue 2

8th February 2017

Fr Mariusz Adamczyk	Ex-Officio	Karen Gilbert
Steve O'Halloran	Ex-Officio	Jim Andreoli
	Chairperson	
Marie Gane	Member	
Robyn Bumbak	Member	
Sue Jordan	Member	

Treasurer
Member
Vice Chair
P&F Rep

FROM THE PRINCIPAL'S DESK

IMPORTANT DATES TO REMEMBER

Thursday 9th February
Friday 10th February

Wednesday 15th February
Friday 17th February

Monday 20th to Friday 24th
February
Friday 24th February

Middle School Parent Evening
Middle School Assembly - 1pm in the School Hall
Primary School Assembly - 1:50pm in the School Hall
Board Meeting
Pink Stumps Day
Middle School Assembly - 1pm in the School Hall
Primary School Assembly - Year Five
1:50pm in the School Hall
Year 6 Camp
Middle School Assembly - 1pm in the School Hall

Prayer of the Church Concerning St. Gabriel

May the offering of our service
and the prayer of the blessed Archangel Gabriel
be acceptable in Thy sight, O Lord;
that he whom we venerate on earth,
may be our advocate before Thee in heaven.
Through Our Lord.
Amen



Dear Parents, Teachers and Friends,

Sleep deprivation is responsible for many shortcomings, particularly when it comes to learning. Standing in front of sleep-deprived students is challenging for all teachers and requires persistence from the teacher to ensure students are learning.

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 and reluctance to get out of bed.

Sleep loss can cause a range of schooling problems including disrespectful behaviour to staff and other students, under-performing leading to poor academic grades, poor impulse control and increase in anxiety and depression.

Unfortunately, this problem isn't going away. One of the leading factors of sleep deprivation in children is digital devices. A recent study of 13 year olds in the USA found that 45% had used their phones after 3:00 am.

Parents need to be vigilant about the use of devices at home, especially of an evening. Children and teenagers shouldn't be going to bed with digital devices. New learning at school can be difficult, to try and learn new material, which much of what learning at school is, can be almost impossible if students are sleep deprived.

Perhaps the old saying 'Early to bed, early to rise, makes one happy, wealthy and wise' had a fair element of truth to it.

PINK STUMPS DAY

To support the McGrath Foundation and raise funds for screening and early detection of breast cancer, St Mary's will be holding a 'Pink Stumps Day'. Students will have the opportunity to attend school in non-uniform, so long as part of their clothing is pink, or cricket related, for a gold coin. Pink cupcakes will be for sale at recess time and there will be a modified game of Teachers Vs Students cricket. Promises to be a fun day and help raise some valuable funds for a very worthy cause.

PARENT MEETINGS

A reminder that tomorrow evening the Middle School Parent Information Night will be held. This will occur in the school hall beginning at 7:00 pm. All parents and students are expected to attend. Thank you to the parents who attended the Primary Parent Information Night on Tuesday.

YEAR 6 CAMP

The Year 6 Camp is coming around very quickly this year. Staff, parents and students leave for Geraldton on Monday 20th February and return Friday, 24th October. Much is planned and it sounds like it should be a lot of fun.

LAPTOP HIRE

Parents are reminded that if laptops are broken they need to be immediately replaced from home or hired from the school. Some Middle School learning areas operate with digital texts and if devices are broken or not at school it creates an extra challenge for the learner.

SCHOOL BUS

St Mary's has purchased a 35 seat coach to take students on excursions in Carnarvon and surrounds. This was purchased with funds provided by the P & F. Many thanks. A special thanks to P & F President, Mr Gavin Griffiths, who purchased the bus and drove it from Perth to Carnarvon.

God Bless



Steve O'Halloran
Principal





CATHOLIC EDUCATION
WESTERN AUSTRALIA

Dear parents and caregivers

Welcome to the start of the 2017 school year. This year promises to be full of exciting new opportunities and possibilities for your child in Catholic Education.

If you are new to our system, I would like to extend a very warm welcome to you and your family. I am delighted that you have chosen to join the Catholic Education Western Australia system, which provides a faith-based education and inspires a passion for learning and discovery for more than 75,000 students in 163 school communities right across the State.

You are joining Catholic Education at an exciting time of system success, growth and transformation.

In 2016, one of the many encouraging indicators of the success of our system was the WACE achievement of our Year 12s. Approximately 96 percent of CEWA students achieved a WACE, above the total State average, while CEWA students improved their Median ATAR again to 81.95, and were awarded a total of 3,178 VET Certificate 2 or higher.

In the past four years, our system has grown with the opening of seven new schools and colleges. Early Years Learning and Care is a key focus for us moving forward in 2017 as we seek to offer exceptional learning experiences for children in a vital period of their development, while meeting the needs of today's families.

This year we aim to reimagine collaborative learning at every school across our system by implementing our digital transformation initiative, LEADing Lights. LEADing Lights is a single digital eco-system, designed to equip students with the 21st century technologies and deep learning skills that will best prepare them for the future. Much work is underway in this space to ensure that this initiative supports world-class learning and development experiences for both students and staff.

Catholic schools rely on the contribution of parish, staff, students and parents working in partnership to sustain their vibrancy, educational excellence, and faith life. With your support and involvement in your child's learning, the efforts of our dedicated staff and Principals, we will ensure that our Catholic schools help your child reach toward their God-given potential.

Thank you for your continued support and I wish you all the best for the year ahead.

Yours sincerely

Dr Tim McDonald
Executive Director, Catholic Education Western Australia

Head of Primary School

Welcome back

We have hit the ground running at St Mary's and students are already in classes working hard, having fun and learning. The start of the school can always be a bit hectic as parents look towards establishing new routines and staff familiarise themselves with the new students in their care. You can support your children in their early schooling by talking to them about their day, their new teachers and anything exciting happening in the school. For ways to support your child's early reading development, please see the information from "Five from Five".

Five from Five

"Five From Five" is an initiative of the Centre for Independent Studies that aims to improve literacy levels by ensuring all children receive effective, evidence-based reading instruction. They have released some information to parents offering assistance and activities that your children could do at home in preparation for early reading. This can be found at www.fivefromfive.org.au. Alternatively, this is what they have to say:

The written English language is an alphabetic language; it is made up of letters that are codes or symbols for the various sounds in words. Learning the letters of the alphabet and the sounds that are associated with them are the crucial first steps in reading. Children who can recognise the letters of the alphabet in print and know at least the most common sounds associated with each letter will have an advantage when they begin school. Knowing the alphabet and understanding that words are made up of letters in a way that is mostly predictable is an essential concept for children to grasp. Although children have a natural in-born capacity for speech, making sense of written language is a highly complex skill. For some children, learning the alphabet is easy. Others will take much longer and will need more exposure, more repetition, and more practice. Learning the alphabet is vital but it can also be fun. Here are some activities to get you started!

- There are many alphabet books available in bookstores, op-shops and libraries at a wide range of price and quality. Look for books that have interesting pictures that you can talk about and ask your child to name. Books that use alliteration such as Dr Seuss' ABC are enjoyable to read aloud.
- Point to letters on the page as you are reading any book with your child and ask them to point to the letters they know.
- Teach your child the letters in their name. Ask them to point out other words with those letters as you are reading.
- Help your child to practice writing and making letters with a variety of materials. For example, writing letters in sand or with finger paints, or making letter shapes out of pipe-cleaners or modelling clay.
- Give your child an old magazine and a felt-tip pen or highlighter and ask them to circle all the words that start with a particular letter.
- Play alphabet bingo: Make small cards with a letter written or printed on each one and place them in a box or bag. Draw a 4 x 4 square on a piece of paper and write a letter in each square. Say the name or letter sound for each card as you draw them from the box or bag and your child can cover the letter on their card with a marker or token. This game can be played with one or more children.
- Play alphabet memory: Make two identical sets of cards with a letter written or printed on each one. Shuffle them together and place them face down. Take turns to turn over two cards at a time to find matching pairs.
- Make your own alphabet book with scrap paper or an exercise book. Write a letter on each page and ask your child to collect or draw pictures of things beginning with that letter.
- Purchase alphabet magnets or make individual alphabet letters using card, felt or foam. Take turns to arrange the letters into simple words, spelling the word or sounding it out as you do. Practice placing them in alphabetical order.
- Teach your child the alphabet song. Sing it to them but pause and leave out a letter. Ask them which letter you left out.

Kind regards



Mr Andrew Gammon
Head of Primary School



SCHOOL FEE ACCOUNTS

SCHOOL FEES

Accounts have been posted to all families. Included with the statement is a Payment Options Form; Direct Debit Form and information regarding Health Care/Pension Card Fee Discounts.

Payment Options Form: Please complete your Payment Options form and return it to the school. This indicates your commitment to the school with regards to your fees.

Direct Debit Form: Please complete this form to pay by Direct Debit and return to the school at least two days prior to your first payment. **Please remember when paying by Direct Debit to ensure that you have funds in your bank account to cover payments. Any payments missed will have to be made up either by extending your end date or paying by EFTPOS or Cash at the school administration office.**

IT IS EXPECTED THAT ALL FEES ARE PAID IN FULL BY OCTOBER 2017

HEALTH CARE CARD FEE CONCESSIONS

Kindy to Year 10 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.

Holders must have one of the following cards:

- Pensioner Card—issued every two years on the cardholders birthday
- Most Health Care Cards—reissued automatically if eligible (usually valid for 1 year)
- Low Income Health Care Card—usually valid for 1 year and must be renewed each year

Parents of children who are in receipt of ABSTUDY are NOT eligible to receive HCC Fee concessions.

Department of Education Secondary Student Assistance Parents of children in Years 7—10 who hold Health Care Card or Pension Cards are also eligible to receive assistance through the Dept of Education.

Applications for Secondary Assistance close on **Friday 7th April**. Claims cannot be made after this date.

Parents of children who received ABSTUDY are eligible to receipt a small rebate from this Assistance scheme.

All families claiming fee discounts **MUST** complete new forms for 2017. PLEASE BRING YOUR CARD TO THE OFFICE TO BE COPIED AND PAPERWORK TO BE COMPLETED.

If you have any queries regarding your fees, fee payments, Fee concession discounts please contact the School Bursar, Anna Brooks on 99411328 or email accounts@smsc.wa.edu.au.

Thankyou.



SECONDARY ASSISTANCE SCHEME

YEARS 7 TO 12
YOU MAY BE ELIGIBLE FOR UP TO:

\$350
towards school expenses

DO YOU HOLD A:

- CENTRELINK HEALTH CARE CARD
- (OR) • CENTRELINK PENSIONER CONCESSION CARD
- (OR) • VETERANS' AFFAIRS PENSIONER CONCESSION CARD

Applications Close
Friday 7 April 2017

ASK SCHOOL RECEPTION FOR MORE INFORMATION

Dear Parents

You would be aware that our Principal, Mr Steve O'Halloran, was reviewed under the Principal Review Process last year. The process involved the School Board, P&F President, P&F Executive, the Parish Priest, Staff Members, Catholic Education Office personnel and the Principal. Their input was both in written form and verbally through interviews with the Review Panel. The review culminated in a meeting between the Principal and the Executive Director of the Catholic Education Western Australia, Dr Tim McDonald.

The process has now been completed and Bishop Justin Bianchini has endorsed the appointment of Mr Steve O'Halloran as Principal of St Mary Star of the Sea Catholic School, Carnarvon for second contract period of five years.

As a result of the review, Steve has developed a professional growth plan which will ensure his continued development and benefit the future of the school.

On behalf of the School Board and the St Mary Star of the Sea Catholic School community, I congratulate Steve on the achievements over the last contract period and look forward to the future.

Yours sincerely

Mr John Nuttall
School Board

Parish News

Commencing on Sunday 19th February, Mass will be conducted at 9am only each Sunday.

**Mass times will be
Saturday night - 7pm
Sunday morning - 9am**

Please note that from this date there will no Sunday 8:00am and 10:00am Mass services provided.



**P&F Meeting and AGM
16th February
6.00pm
in the School Staffroom**

All welcome

Book Club is due to the office on Monday 13th February. Thank you once again to Mrs Tracey Fernihough for volunteering again this year

**I ♥
Book
Club**

Uniform Shop

The uniform shop is opened every Tuesday and Thursday from 2.15pm to 3.15pm. Please see Charmaine for all your uniform needs.

Bucket Hats Size M/L are now Available - \$13



Homework Classes

Homework classes are each Tuesday and Thursday.

Please contact the school office for further information.

McGrath Foundation

PINK STUMPS DAY

We are hosting a
Pink Stumps Day!

CLUB: St Mary Star of the Sea Catholic School

WHERE: School Oval

DATE/TIME: Friday 17th February

CONTACT: St Marys School Office



-  facebook.com/mcgrathfoundation
-  twitter.com/mcgrathfdn
-  instagram.com/mcgrathfoundation
-  youtube.com/mcgrathfoundation
-  linkedin.com/mcgrathfoundation





COMMUNITY NEWS

PCYC News

Badminton:

Commencing 06th February 2017
Learn how to play badminton and verse your friend!

All Equipment supplied.

SENIORS:

Monday & Tuesdays 7pm - 9pm
\$5 per session

JUNIORS:

Tuesdays 5:30pm - 6:30pm
\$3 per session

JUNIOR BOXING

For ages 8 - 12
Commencing 15th February 2017
Wednesdays
4:30pm - 5:30pm
\$5 per class

For more information,
please don't hesitate to contact us on
9941 4116
or email carnarvonpcyc@wapcyc.com.au

Carnarvon Junior Netball

Pre- Season Training
(Ages 11-17)

Tuesday's from 5:15pm-7:00pm
Commencing Tuesday 7th February
Netball Courts (festival grounds)
Please bring a water bottle and a towel
All new and existing players welcome



Netball Association



Community Aquatic Series
Carnarvon 8-9 April 2017
FREE swimming clinics hosted by
a leading WA state coach and
champion open water swimmer!

Post Clinic,
Coach & Technical
Offical Forum
- Carnarvon
Aquatic Centre

Join the fun!

FREE
Community
Open Water
Swim -
Carnarvon
Town Beach

For clinic
information,
and to
register, visit
wa.swimming.org.au/cls

Swimming - an essential part of the Western Australian way of life

OWS, swimming WA, HANCOCK, Department of Health and Wellbeing



Carnarvon Junior Cricket Season 2016/2017

In2Cricket
Friday @ 5pm

Under 17's
Game day Friday's commencing @ 5pm
Training - Monday's commencing @
5pm to 6pm

Under 13's
Game Day Monday's commencing @
4:45pm to 6pm
Training - Friday's commencing @ 5pm